

THEFOOTBALLCOACH.NET

A GUARDIOLA DESIGNED PRE-SEASON TRAINING PLAN



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Contents

4	Introduction
5	Physical Performance
6	Tactical Periodization
15	Fitness Testing
24	6 Week Program
30	Week 1
41	Week 2
48	Week 3
57	Week 4
66	Week 5
75	Week 6

Introduction

Pre-season has often been seen as the time of season where players must work hardest to ensure they can recover from the lack of physical work they have performed during the off-season, this has traditionally been used by coaches as a period of physical 'hell' to almost punish players for perceived slack summers.

However, over the last decade and the evolution of the scientific method of thinking in professional football coaches such as Pep Guardiola and Jose Mourinho have changed the thought process behind pre-season, and have now seen the need for a far more multi-disciplinary approach to pre-season to prepare players for a long season, and not necessarily just for a quick start, this process looks to specifically prepare players for the 'marathon' like season instead of 'sprint' at the starting line.

This book will provide a 6 week structured program as to how coaches can implement simple yet very coachable processes in to a coaching program to ensure players are prepared for a long season from every aspect, including physical, social, technical and tactical. With this approach in mind a reduction in non-contact injuries should also be seen due to the preparation and periodization used.



Physical Performance

Fitness in football is an extremely important area of performance, it is the area of performance that allows the technical and tactical areas of performance that come to life. The Physical area of performance is not just responsible for the development of key attributes such as strength, speed, balance and aerobic performance, but responsible for the recovery and prevention of injury and also attributed to creating balance in positive mental well-being.

When developing any football related training program, it is important to ensure that the physical outcomes for players can be achieved, and important to understand how these can be achieved. **However**, before we look at what physical components a good training program should have, it is very important to understand what physical components a top players must have, as this will be the building blocks for our program.

We know from Premier League data players cover up to 450KM in running distance in just the Premier League alone, with some players averaging over 13KM per game, this shows that are training programs must build robust players, capable of dealing with the huge demands constantly through out the season. However, we all know football is not a game where players run constantly at one pace, players are regularly producing over 600 sprints for season, combining this with some players producing top speeds just short of 22 MPH!

So, from the above we are able to see that the physical requirements are extremely vast, and provide a difficult task, when trying to produce all of these components in one training program, however Guardiola and other Other coaches have often spoke of the work of Professor Vitor Frade and his development of Tactical Periodization, this process has been largely used, and can provide a system that allows the development of many different physical attributes in the same training program across a training week, allowing the players to be freshest at the end of the training week where games are played, and points are available.



Tactical Periodization

The next few pages will just supply you with an idea of what a training week would look like if relevantly periodized, the idea of this book is not just to show you the structure and detail used in Guardiola work but also how you can use this book to help develop your future practice.



Tactical Periodization

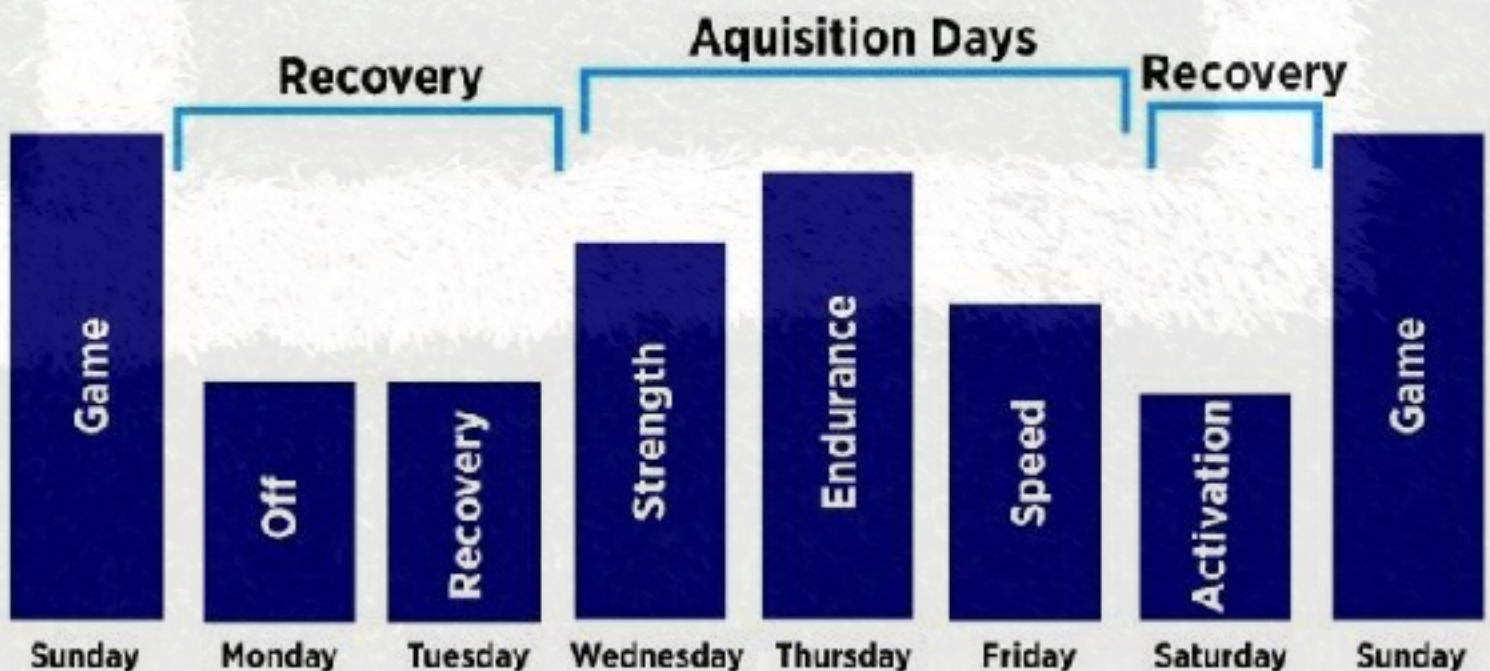
For a deeper understanding of Tactical Periodization, a book is available from <http://www.thefootballcoach.net/store> which specifically details the structure of Tactical Periodization, however for the purpose of the book a brief description is aligned below.

We as coaches need to train the body physically, but never want to coach just the body, it is the belief of coaches like Guardiola that every component of the game should be coached at the same time, so tactical periodization trains moments of the game, in line with specific physical components. So In summary we are always training every part of the game below, is some example of what Periodization means.

Very simply the training week looks like the below image, the game is represented at the start and finish of the week, the recovery is fitted in to the front of the week to allow players to recovery from games, with the highly intense game we see, it can take up to 48-72 hours for players to recovery totally from the physical and emotional elements of performance.

Wednesday

Recovery is followed by a day of strength this means a day of small spaced work, so pitches of a smaller space, but will make large amounts of directional changing, this will train players to work



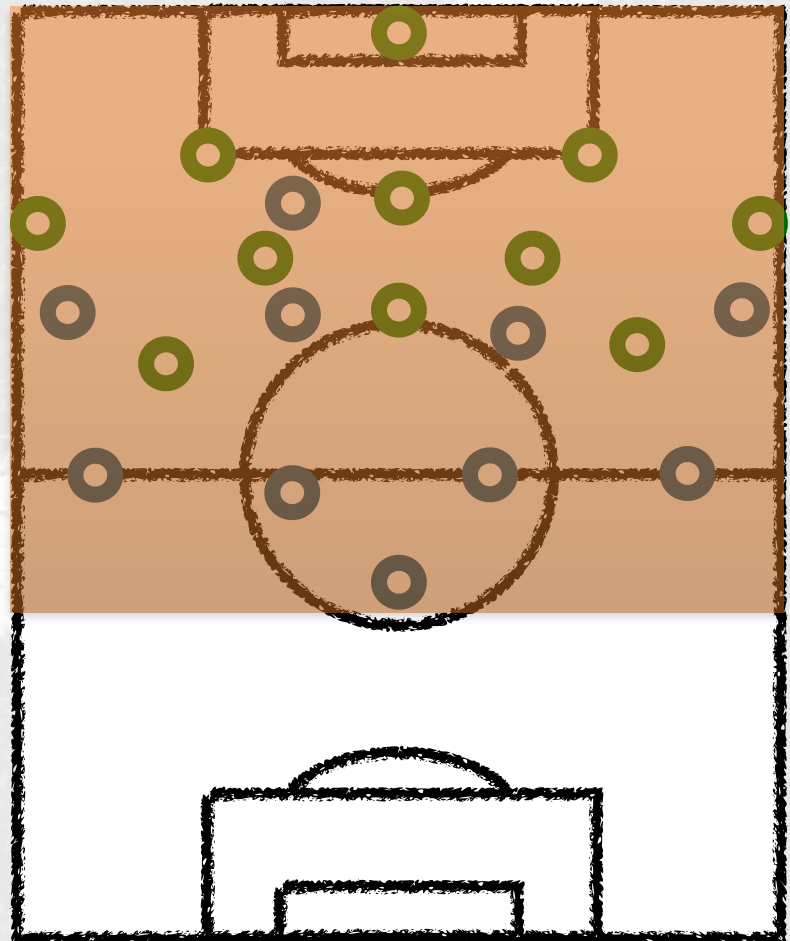
Tactical Periodization

At high intensities without having to reach high speeds, this works in to the players ability to make repeated sprints, and repeated change of direction, it is in this part of the week, because it produces a high amount of lactic acid and other exercise related bi-products, and doing it early in the week will allow players to recover before the game

Thursday

Following a day of strength training, the focus changes to endurance, the focus changes ever so slightly, we begin to practice and train a larger element of the game, as the pitch sizes have now increased, we can change larger numbers, and focus on larger tactical problems, we are looking to expose the players to longer distances, longer times of running and higher top speeds to ensure that players are able to recreate the high amount of sprints required, as well as the high top speeds.

This training day is more suitable to a half pitch practice, or a training practice where the principles being coached are ones that require more than one unit, in the example to the left side the teams are play 10v10 on a 3/4 pitch, however it is important to note, that the distance becomes more difficult as more players join the session so an 8v8 or 9v9 maybe a better practice to ensure that players are exposed to the physical part of the game, longer coaching periods, 5 or 6 minutes Weill expose players to much larger periods of work and build in robustness to longer working periods.

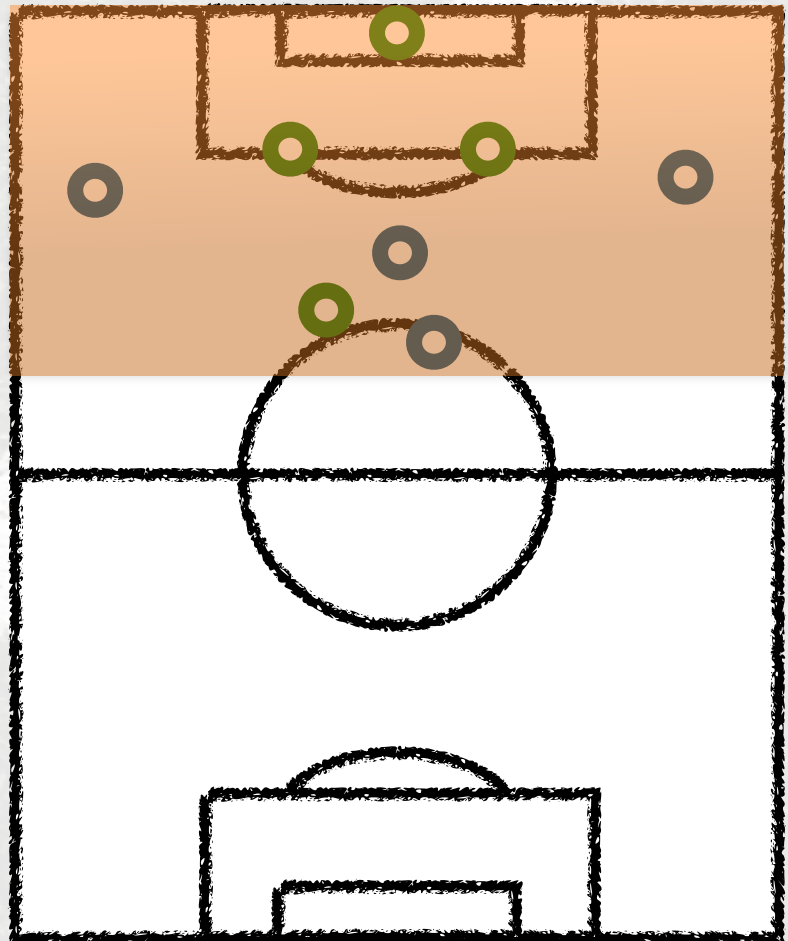


Tactical Periodization

Friday

Following two days defined as 'acquisition' days, players must see a drop in the intensity and volume of the training program, this is very important as the players now need time to peak and recover for the game arriving in three days time, however training still must occur, on Friday speed becomes the focus of the training week. In order to train speed with a lower amount of distance covered the session must be smaller numbers, over a smaller space with a much smaller work rate, with larger recovery, this will allow players to reach near maximal effort in sprints, before enduring a longer recovery, which will mean when the next sprint takes place, the body has managed to recover from the previous sprint. As the below diagram shows, the attacking phase of the game suits these situations due to its low numbers and more repetition based timing.

With a session higher in recovery, the natural shape will provide a stop start practice, this suits training the phase of defending and attacking, allowing players to walk back and recover. One of the biggest risks to the Friday session, is an intensity that is too great, this will take the physical focus away from the session and actually take a large acquisition of energy from the player, and potentially limit their influence and ability to perform in the following game, this is why tactical periodization is a framework that requires consistency

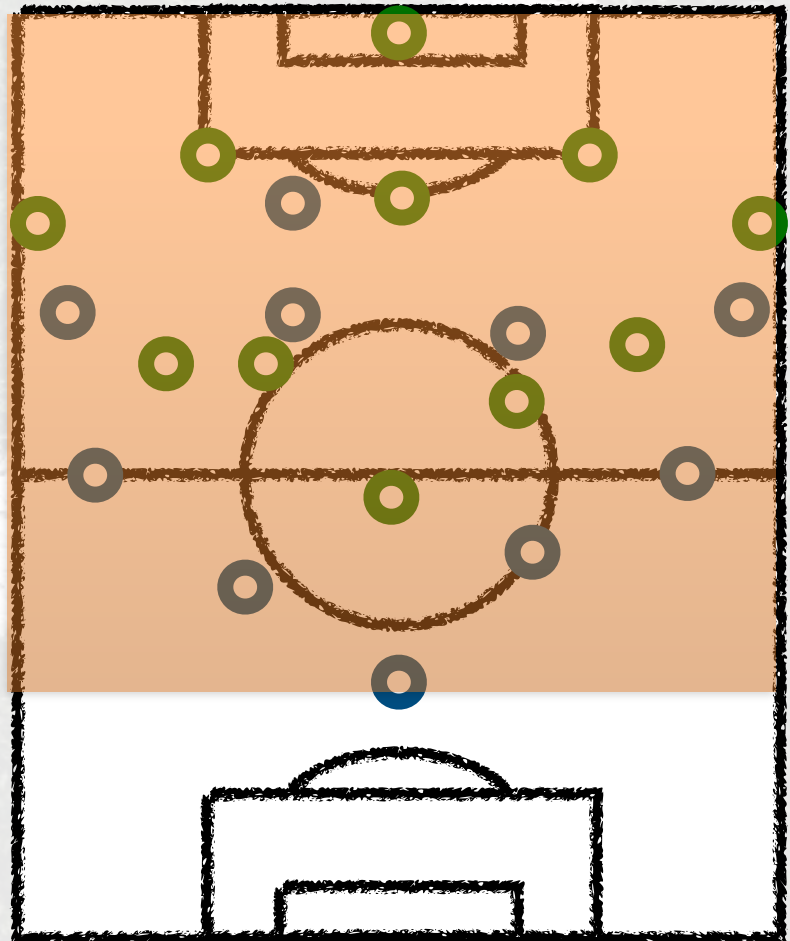


Tactical Periodization

Saturday

Now Saturday or game day -1 provides the largest risk of any session towards the player, this is 24 hours before the game, and the last opportunity to work with the player on the grass before the game, within the tactical periodization model, this is the day where speed reaction or 'activation' is trained, this is reactive practices where players react quickly, but then do not continue those sprints and cover little distance at anything more than a light jog, larger spaces and larger numbers are used in this to allow the coach to run through larger principles of play and reiterate key messages whilst the players will cover low distances. This session is most commonly used by Guardiola as an opportunity to complete shadow play like sessions, in these sessions players will pass through specific patterns that are relevant to the opponent, it may also be used as an opportunity

to practice defending and attacking corners or free kicks etc, or attacking combinations that they expect to see. An opponent is not always relevant to these situations, as mannequins maybe used to recreate the opposition formation on the other side. The biggest risk of this session is to work for too long and too hard, as this session **should** be of low intensity and this low intensity is still allowing the recovery from the previous 2 acquisition days, and will allow the players to be in the best physical condition for the game in 24 hours.



Example Session - Tuesday

Practice Explained?

One player centrally, looks to play within the small red box, he then looks to receive a pass from the outside player, he then takes a touch and finishes in one of the four goals. This is repeated 4 times, before rotating with one of the 4 outside players.

The area is kept compact to limit the physical running involved in the session.

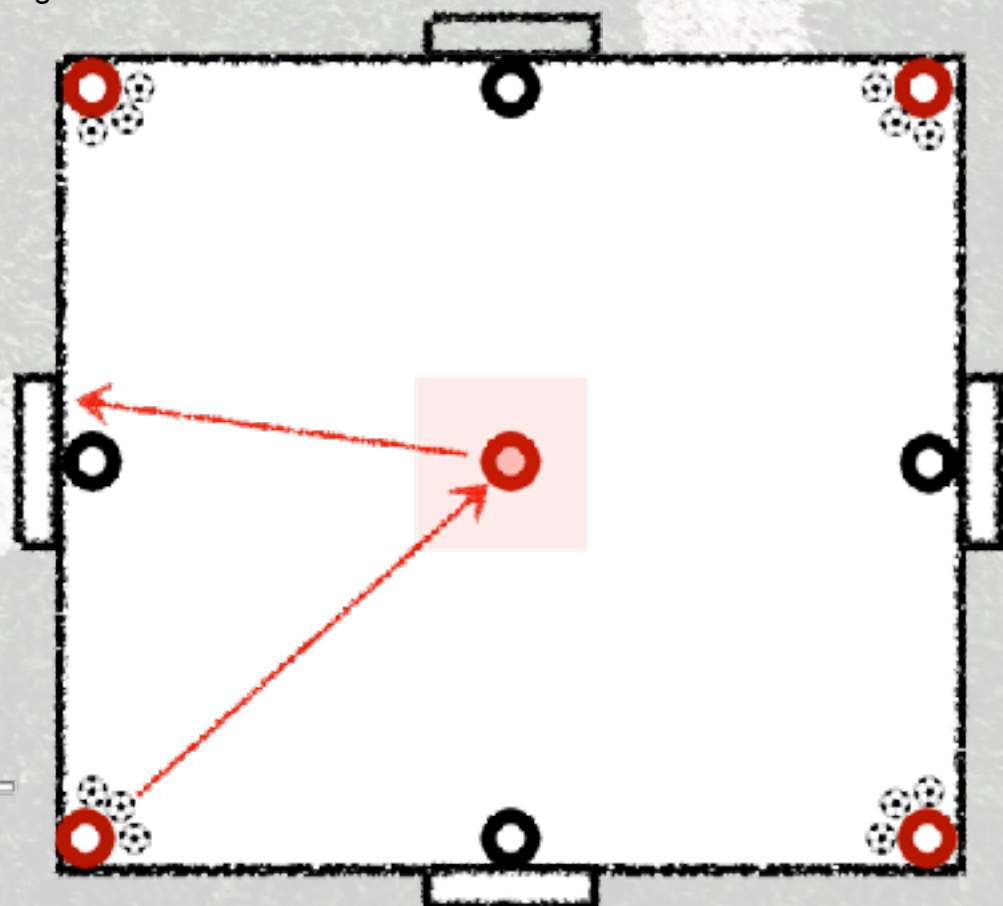
Goalkeepers are used if possible, or small mini goals to make the practice more realistic.

Session Design:

Central player is at game day +1 or +2 they have not fully recovered physically or psychologically from the previous game. The session provides very little physical work, limiting the distance covered by the player, but the light low intensity work, will aid recovery, to allow the player to make acquisition physically in the coming

days, the recovery time is equal to that of the working time, but the intensity of the work is very low. The distance of the practice is important at this point the small red box, means that the working player covers very little distance. This will allow quicken recovery, whilst still working towards tactical and technical outcomes within the session

Physical Component	Recovery
Day	MD+2
Working	60 Seconds
Recovery	60 Seconds
Blocks	5
Size	25x25 Yards



Example Session - Thursday

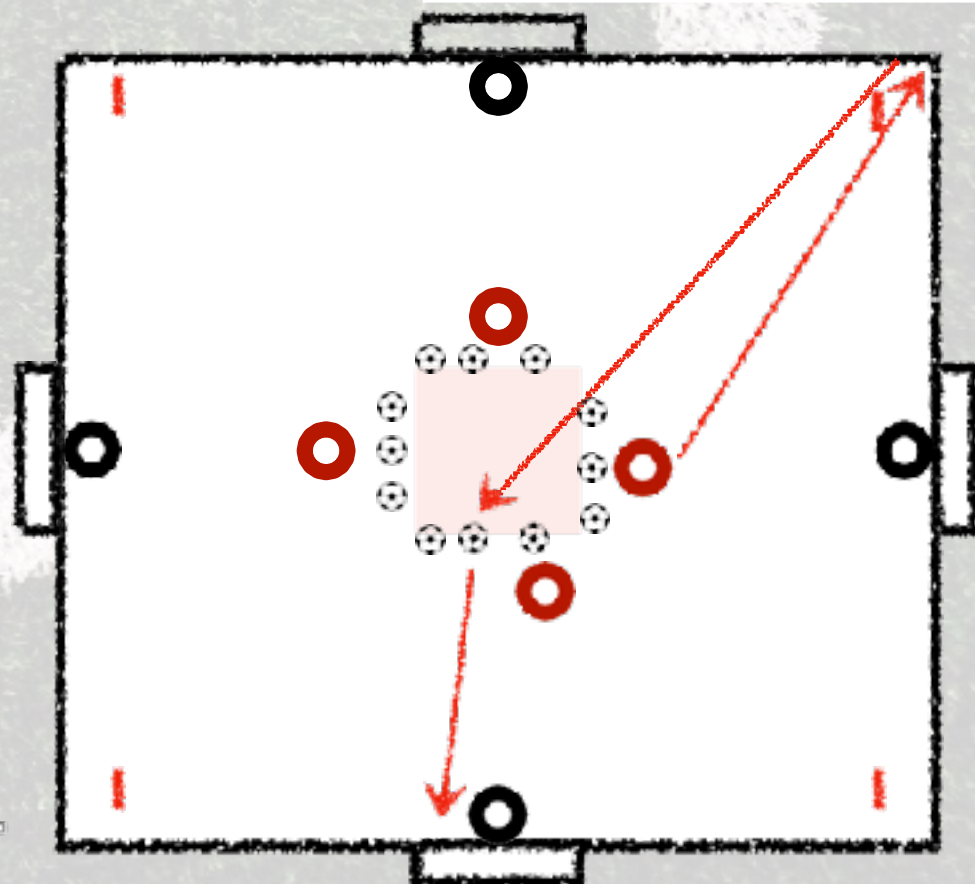
Practice Explained?

4 goals are split around a 20x20 yard area, a central area contains as many footballs as possible, the outside corners have 4 poles, 4 players work at the same time, the players run out towards the closest pole 10-15 yards away, and then run back towards the football, before getting possession of a ball and shooting in one of the four goals, they then continue to head to the next pole, then shoot and then back around another pole until the 90 seconds is up

Session Design:

Practice design is very important here, we are trying to create a practice that has consistent change of direction at a high intensity, if the session is too big the physical output will become endurance very quickly, however 90 seconds of work and short distances 10-15 yards, will mean that the energy system used will be mainly anaerobic and allow us to work the strength component we are looking to train, the players will also now test their technical ability under the physical stress put upon them under the high intensity work that the session will demand, the constant change of direction and the limited time of 90 second will ensure that the design has successfully allowed for the players physical development.

Physical Component	Strength
Day	MD-4
Working	90 Seconds
Recovery	60 Seconds
Blocks	5
Size	20x20 Yards



Example Session - Saturday

Practice Explained?

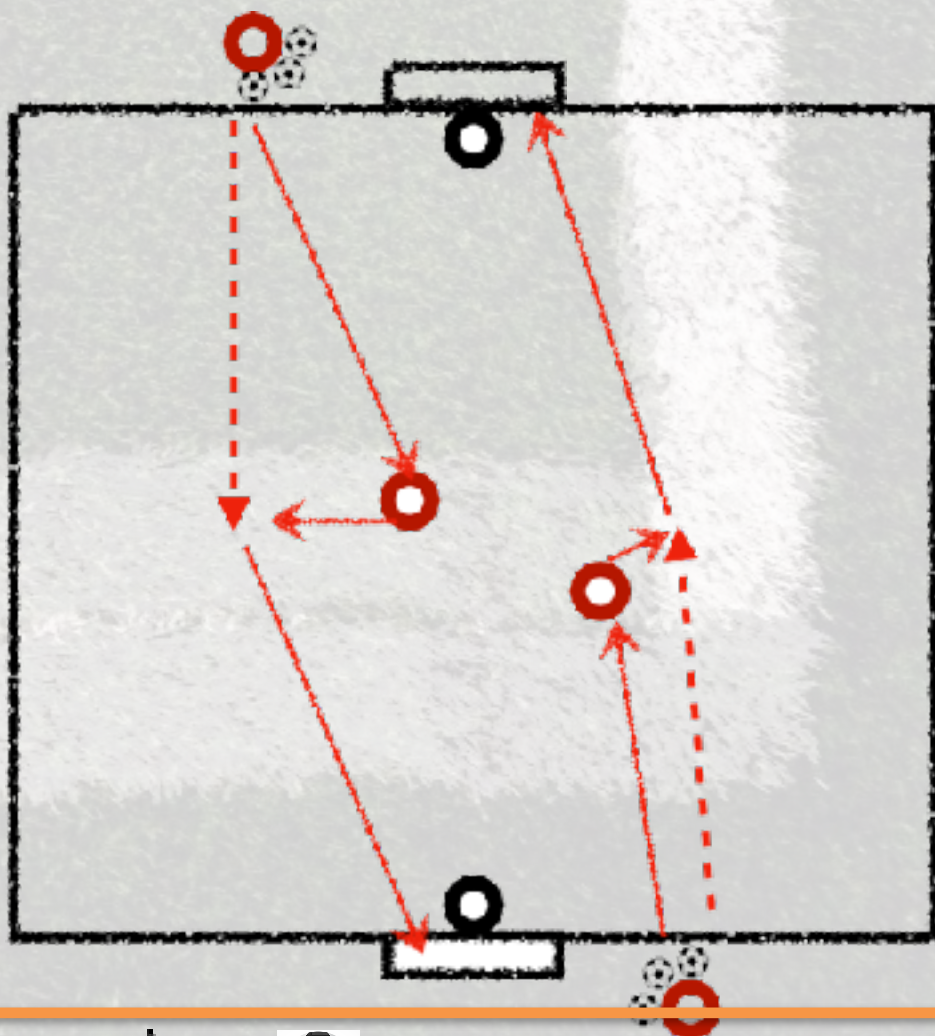
2 goals are positioned 25 yards apart, the player behind the goals pass to the central players who set the players who passed the balls for a first time finish, before joining the back of the other end for recovery, it is vital that this practice is performed with large numbers to ensure there is a wait, and that players are not consistently working. The advised numbers to perform this practice are 14 + 2GK

Session Design:

The session design and manipulation is key to ensure that speed is trained in this practice, if you allow it to run as a normal practice and players run through this quickly, you will find this very quickly becomes an endurance session, however if you can count the distances, and ensure the player who passes the ball then makes a sprint to receive it

Before then walking back to the end zone and waiting 60 seconds before the next block. It is important that the sprint is of around 10 yards, and that none of the players are reaching maximal speed, as this would have been trained earlier in the week, and high intensity work now 1 day before a game will likely see the players fatigue and not perform maximally in the coming game

Physical Component	Speed
Day	MD-1
Working	15 Seconds
Recovery	60 Seconds
Blocks	5
Size	25x20 Yards





Fitness Testing

Fitness Testing

Week 1

Fitness testing can be an extremely complex part of any training program, however the below tests will provide a cheap and easy to test method, allowing coaches to measure change in players fitness levels and weight levels through the 6 week period

Fitness Test week 2

Fitness testing takes place during the start of week 2, to allow players to undertake some training in week 1, taking the test in week 2, allows players to have some level of fitness and mobility in the muscles limiting the players exposure to injury.

Fitness Test In Week 6

During the 6th week of pre-season fitness testing takes place again to try to test the difference and the current levels of fitness ready to take part in the regular season, however this must be done at the start of the week to ensure that players are recovered and ready to perform on the weekend in the first competitive fixture.


Types Of Testing

Different types of tests are used to test different elements of performance, weight and height is used to formulate changes in body type, body fat is not used due to its difficulty in testing and lack of reliability.

Standing jump test, tests the athletes ability to jump and may correlate with the explosiveness of the athlete, the forward reach test will test mobility and movement range in the back and hamstrings, the multi stage fitness test will measure levels of aerobic endurance, the 30 yard sprint will record changes in top speeds over 30 yards, and the change of direction test will provide a specific test in monitoring speed through a changed and varied movement pattern.

- Height
- Weight
- Standing Jump score
- Forward reach test
- Multi-Stage Fitness Test
- 30 Yard Sprint
- Change Of Direction Test



A man in a red quilted jacket and dark blue track pants is pointing with his right hand towards the left. He is standing on a green soccer field. A white soccer ball is on the ground near his feet. In the background, there is a blurred figure of another person in a red jacket and a large pink banner with white letters. The scene is set in a stadium.

6 Week Training Program

GUARDIOLA PRE-SEASON

6 Week Schedule

6 Week Training Plan Structure

This six week program is based around a team training 3 times per week, and playing 1 to 2 games per week dependent on the moment of the season.

Week 1

Week 1 has slightly lower volume but provides a full training week, this involves the standard training days of Tuesday, Wednesday and Friday, the emphasis through week 1 is the activation of the body and mind, whilst focusing in on maintaining structure in timings etc to ensure that the players re-adapt quickly to the structure of the program.

During week 1 a game is not scheduled to allow at least 10 days of the training program before maximal effort it made, this way the players are limited in their exposure to easier season injuries.

Week 2

Week 2 provides the first week of an increased stimuli, and this is where players will also be fitness tested to provide some base results, the fitness testing replaces the first session of the week, this is to ensure that the volume of the training week is not unbearably high.

Week 2 also see's the first opportunity to compete in a game, this game should provide managed playing minutes for players to manage their exposure to high volumes, but a training week of 2 session should help manage this

Week 1 Training Plan

Day	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Monday	Day Off	Recovery	Recovery	Recovery	Training	Recovery
Tuesday	Training	Fitness Testing	Training	Training	Game	Fitness Testing
Wednesday	Training	Training	Training	Training	Recovery	Training
Thursday	Recovery	Recovery	Recovery	Recovery	Training	Recovery
Friday	Training	Training	Training	Training	Training	Training
Saturday	Day Off	Game	Game	Game	Game	Game
Sunday	Recovery	Recovery	Recovery	Recovery	Recovery	Recovery



6 Week Schedule

Week 3

Week 3 provides the first full week of training and playing, this week includes 3 full sessions on 3 different structures, the same as a normal training week. However it is important that the volume is increased as shown in the weekly plan, this week should have emphasis on the acquisition period to ensure players are stretched within reason.

Match day is as standard on the Saturday, with an activation based session the day before and a double recovery on the two following days.

Week 4

Week 4 is a complete copy of week 3, this week shows the standard training structure and will build normality and habits with players due to its consistency. The game should now see key players build to 90 minutes, and at this point the volume for first team players should ensure they are comfortable dealing with 90 minutes, this game should also be more of a challenge than the previous games

Week 5

Week 5 provides a different challenge physically, with the first inclusion of a 2 game week, this will replicate the challenge of a full-season and will challenge key players to deal with the structure of a dual gamed week, whilst also provide the opportunity for players to play 90 minutes + during a single morphocycle.

Week 1 Training Plan

Day	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Monday	Day Off	Recovery	Recovery	Recovery	Training	Recovery
Tuesday	Training	Fitness Testing	Training	Training	Game	Fitness Testing
Wednesday	Training	Training	Training	Training	Recovery	Training
Thursday	Recovery	Recovery	Recovery	Recovery	Training	Recovery
Friday	Training	Training	Training	Training	Training	Training
Saturday	Day Off	Game	Game	Game	Game	Game
Sunday	Recovery	Recovery	Recovery	Recovery	Recovery	Recovery



6 Week Schedule

Week 6

This is the final opportunity to ensure you are prepared for the season ahead, the week returns back to a standard training week, with one exception, on Tuesday fitness testing is reformed, this is key for any coach at any level (Dependent on your standard, fitness testing can be very different, we've attached a simple plan that can be done with no budget, but this plan is not necessarily the best fitness test available with the correct budget)

By testing again coaches will see change in body weight, increases/ decreases in mobility, as well as any changes in explosive speed, high speed running and aerobic endurance this may be useful to recognize a players physical presence, but also help prepare the next 6 week blocks and individual players may need support in different areas to ensure they are able to further develop.

This final week should not be seen as the final step in the 'Fitness Blocks' but actually a block as physically demanding as any other block, as avoiding a intensity driven start, you may find players peak later in the season, and maintain the ability compete at a much higher physical level towards the back end of the season.

The last preseason friendly should represent the biggest challenge, this game could be used to give players game time who haven't managed to complete 90 minutes yet, but also run through technical and tactical plans that the coach wants to finalize before the start of the competitive phase.

Week 1 Training Plan

Day	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Monday	Day Off	Recovery	Recovery	Recovery	Training	Recovery
Tuesday	Training	Fitness Testing	Training	Training	Game	Fitness Testing
Wednesday	Training	Training	Training	Training	Recovery	Training
Thursday	Recovery	Recovery	Recovery	Recovery	Training	Recovery
Friday	Training	Training	Training	Training	Training	Training
Saturday	Day Off	Game	Game	Game	Game	Game
Sunday	Recovery	Recovery	Recovery	Recovery	Recovery	Recovery



6 week Training Plan

6 Week Training Plan						
Day	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Monday	Day Off	Recovery	Recovery	Recovery	Training	Recovery
Tuesday	Training	Fitness Testing	Training	Training	Game	Fitness Testing
Wednesday	Training	Training	Training	Training	Recovery	Training
Thursday	Recovery	Recovery	Recovery	Recovery	Training	Recovery
Friday	Training	Training	Training	Training	Training	Training
Saturday	Day Off	Game	Game	Game	Game	Game
Sunday	Recovery	Recovery	Recovery	Recovery	Recovery	Recovery

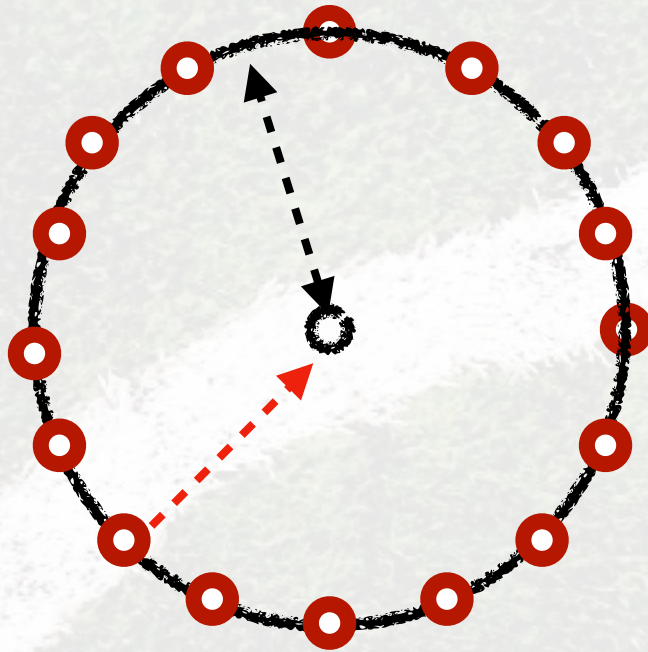
Week 1 Overview

This week looks at developing the skill of playing through midfield, whilst looking to defend centrally out of possession, the Tuesday session will focus on retaining the ball within smaller practices, this will be smaller numbers whilst working within tighter spaces, the Wednesday session will look at the topic in a much larger space with larger units, followed by a Friday session that will focus more on unit work in a lower intensity, more specifically working on the final third.

Tuesday and Wednesday provide an opportunity for physical acquisition, but recovery must be managed during the first week to ensure that players are not put at risk, during an early phase of their physical development within this season.



Injury Prevention Routine / Muscle Activation



Exercise List

- 1.) Back Stretch - Rotate arms across body (Inverted)
- 2.) Small Bounce Squat
- 3.) Reverse Small Step Lunge
- 4.) Quick open Gate rotation
- 5.) Toe touching

Band Exercises

- 1.) Banded reverse lunge
- 2.) Left to right Bounds
- 3.) Right To left Bounds
- 4.) Kick the right foot to left hand / Then Left foot to right hand
- 5.) Ankle bounds
- 6.) Hamstring reach forward stretch
- 7.) Open The Gate
- 8.) Close The Gate
- 9.) Knee Raise and kick extension (Russian Kick)
- 10.) Fast feet in towards the centre of the circle quickly
- 11.) Static hamstring stretch
- 12.) Leg Extensions
- 13.) Bound left to right in towards center quickly
- 14.) Knee raise and kick back
- 15.) Quad stretch (Hold foot behind bum)
- 16.) Glutei stretch, lean on to leg pushing knee out



Week 1 Overview

Week 1 Training Plan

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Tactical Principles Of Performance							
Tactical Principle		Sub-Principle	Principle		Sub-Sub-Principle		
Training Groups	Recovery	Unit Lines	Units and Multiple Units	Recovery	Playing Lines		Recovery
Tactical Outcome		Retaining Possession	Playing Through Midfield / Defending Centrally		Finishing Phase / Defending The Box		
Physical Loading		Physical Principles Of Performance					
Physical Theme		Change Of Direction	High Speed Running		Sprints		
Relative Intensity		Strength	Endurance		Speed		
Area Used		Medium	High		Low		
Pitch Space Used		Small Spaces	Large Spaces		Medium And Large		
							
Running Distance		Sport Distance	High Distance		Medium Distance		Match
Coaching		Low Interventions	High Interventions		Medium Interventions		
Interventions		50 minutes	120 minutes		90 minutes		
Session Length		180'	420'		180'		
Work Ratio		60'	90'		120'		
Rest Ratio		8	5		5		
Blocks		5	11-Aug				
Opposition Numbers		Medium	High		Low		
Psychological Load							

Playing through Midfield / Defending Centrally

Training week 1 provides the first contact with players during the preseason program.

The intensity needs to be high, but must have flexibility to ensure that players are able to strive within the environment, if a player requires additional recovery or an adapted session structure, this should be catered for to avoid injury.

The training week is specific to playing through midfield and should focus on the combing of players in central areas to play forward, whilst out of possession players should focus on looking to deal with central attacking situations and look to be compact centrally and prevent penetration.

The week does not finish with a game, but this is just to allow the players the opportunity to gain some physical fitness before competing and maximal effort where players are traditionally more at risk from injury.

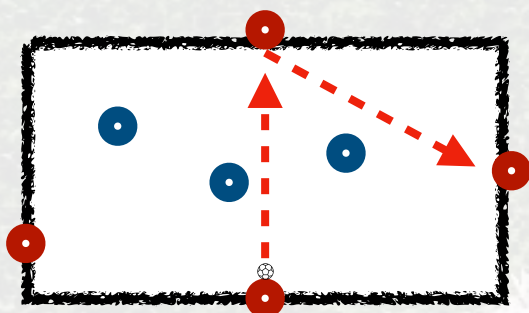
The session structure will ensure that there is a progression through out the 6 week block, ensure that the timings are religiously kept.

Day		Tuesday
Tactical Principles Of Performance		
Tactical Principle	Sub-Principle	
Training Groups	Unit Lines Retaining Possession	
Tactical Outcome		
Physical Principles Of Performance		
Physical Loading	Change Of Direction	
Physical Theme	Strength	
Relative Intensity	Medium	
Area Used	Small Spaces	
Fitch Space Used		
Running Distance	Short Distance	
Coaching		
Interventions	Low Interventions	
Session Length	90 minutes	
Work ratio	180'	
Rest Ratio	60'	
Blocks	8	
Oppsotion Numbers	5	
Psychological Load	Medium	

Session Structure	
Timing (Mins)	Activity
0-15	Muscle Activation
15-25	Rondo
25-55	Session Theme
55-90	Small Sided Game

Playing through Midfield / Defending Centrally

Rondo



Size:
25 Yards Wide
20 Yards Long

Description:

The rondo involves 4 outside players and 3 central players, the outside players look to move possession quickly and stay on the ball, whilst the players out of possession focus on pressing quickly and moving from end to end applying pressure,

Play 2 touch to increase ball speed

Progression:

In order to progress this coaches should look to add a central red player to create a 5v3 this will improve ball circulation but also increase the changes in direction and create a physically more demanding session

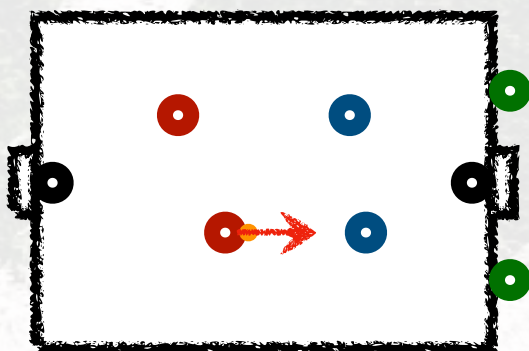
Player Detail:

Outside players should be focusing on moving the ball quickly being aware of the passing options before they receive the ball, playing on 2 touch to ensure quick ball manipulation

Intervention Style:

The Coaching intervention required is an intense motivational coach, willing to encourage and praise positive ball manipulation

Theme



Size:
20 Yards Wide
30 Yards Long

Description:

Reds attack blues, on the transition, the team that keeps the ball then attacks the Greens, the Greens then attack the team at the other end. Constantly 2v2. The constant 2v2 allows for consistent opportunity to attack centrally, whilst challenging fatigued defenders to defend competently in steal areas.

Progression:

In order to progress this drill, the ball can be entered from different areas to manipulate the transition, also the time the ball is in play can be increased to ensure that the physical challenge is increased

Player Detail:

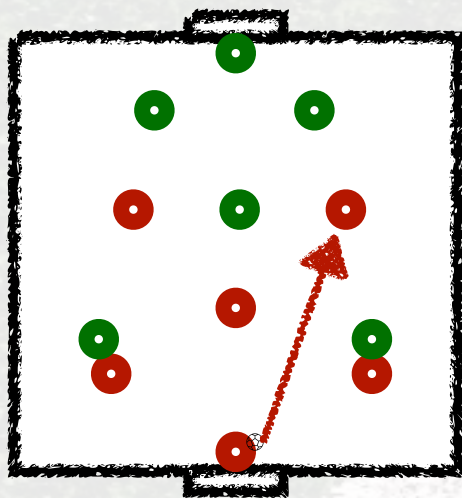
Individual players should be encouraged to treat these as break away attacking opportunities and directness and runs away from goal are key

Intervention Style

Empower players to self drive, when intensity drops encourage the players and ensure the intensity remains

Playing through Midfield / Defending Centrally.

Game



Size:

35 Yards Wide
22 Yards Long

Description:

The small sided game provides the opportunity to expose the players to vast amounts of changed direction, this will allow the game to become exposed and create opportunities for players to attack through central areas

Progression:

In order to create a highly transitional game that goes end to end with high physical returns, the session can have a 6 second scoring progression or a forward pass only to ensure the game goes from end to end with fluidity

Player Detail:

Individual players should be challenged to win 1v1 situations and individuals should be set

Intervention Style

The Small sided game should have less coaching allowing players to self manage the technical and tactical returns as well as the intensity of the game, coaching can frame the need for intensity but shouldn't take over in the relaying of information.

Playing through Midfield / Defending Centrally

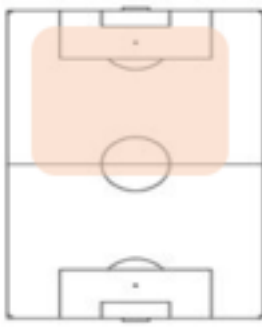
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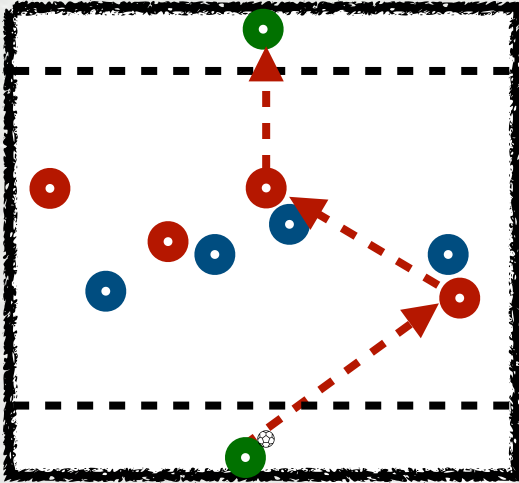
Day	Friday
Tactical Principles Of Performance	
Tactical Principle	Sub-Sub-Principle
Training Groups	Playing Lines
Tactical Outcome	Defending The Box
Physical Principles Of Performance	
Physical Loading	Sprints
Physical Theme	Speed
Relative Intensity	Low
Area Used	Medium And Large
Pitch Space Used	
Running Distance	Medium Distance
Coaching Interventions	Medium Interventions
Session Length	90 minutes
Work ratio	180'
Rest Ratio	120'
Blocks	5
Oppsotion Numbers	
Psychological Load	Low

Session Structure	
Timing (Mins)	Activity
0-15	Muscle Activation
15-35	Rondo
35-65	Session Theme
65-120	Small Sided Game



Playing through Midfield / Defending Centrally

Rondo



Size:
25 Yards Wide
50 Yards Long

Description:

The rondo activity involves a 4v4 in a very large central area, with two end players, the team in possession look to move the ball simply from one end to the other.

Progression:

A progression to this exercise would be to allow the end players to break out of the end zone, whilst the player who passed that player the ball sprints in to the end zone to even up the practice.

This will also increase the amount of high speed running

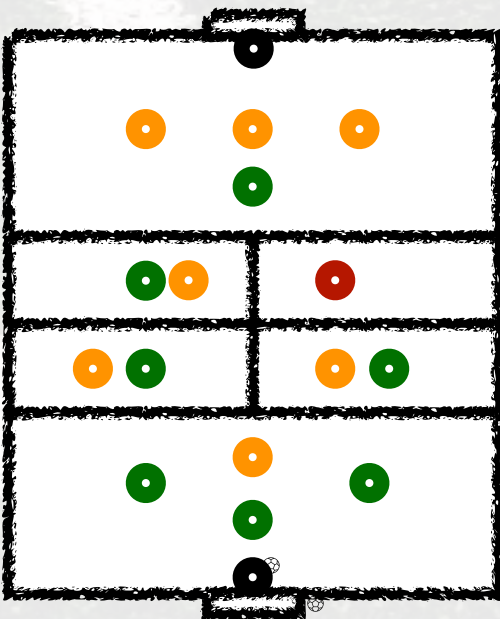
Player Detail:

Players need to focus on their receiving and retaining skills, challenge players to combine and look to play through the opponent

Intervention Style:

In recovery time, the coach should look to provide a player lead tactical intervention involving information specific to the midfields ability to play through the opponent.

Theme



Size:
30 Yards Wide
50 Yards Long

Description:

The theme of the session involves a 3v1 in each of the end thirds, in the central zone, the area is split in to 4, and the teams play 3v3 in this area. Only one player in possession can be in a 1/4 at any time. This means the team in possession must use the ball, and quick rotations to play through the opponent

Progression:

To progress this session the 1/4 can be opened in to 1/2's this will challenge the players and measure the learning from a 1/4 zone to a 1/2 zone

Player Detail:

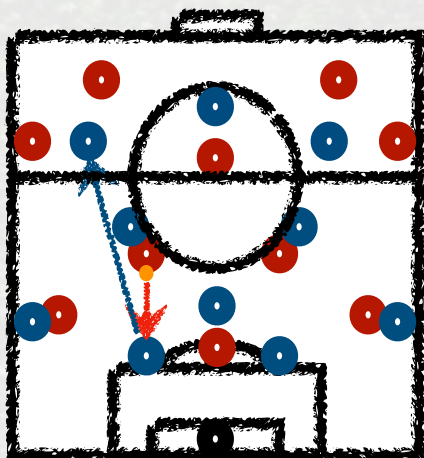
Player movement is key, what movements does a player make when the ball is on the same side as them, can we train two players to stay on the opposite side, and the one player on the same side peel wide to allow a ball through to the end zone.

Intervention Style

On the grass interventions and the repeating of moments to test the understanding of the rotations required is key.

Playing through Midfield / Defending Centrally.

Game



Size:
50 Yards Wide
70 Yards Long

Description:

This 11v11 practice will provide opportunity to train the key principles of the game within a manageable framework, high speed running and end to end practice is key to allow high speed running. Players must focus on training the rotations key in the previous part of the session

Progression:

To progress the session, and progress the understanding the game can be played 9v9 in addition to this, the central grid can be added in again to aid the transfer from theme to small sided game.

Player Detail:

In order to get midfield rotation, work closely on individuals movement to receive possession and movements to create space for opponent

Intervention Style

During the small sided game, allow the players to work physically, however during the recovery time, give detailed information in accordance with the players ability to play through midfield.

The Finishing Phase

Training week 1 provides the first contact with players during the preseason program.

The intensity needs to be high, but must have flexibility to ensure that players are able to strive within the environment, if a player requires additional recovery or an adapted session structure, this should be catered for to avoid injury.

The training week is specific to playing through midfield and should focus on the combing of players in central areas to play forward, whilst out of possession players should focus on looking to deal with central attacking situations and look to be compact centrally and prevent penetration.

The week does not finish with a game, but this is just to allow the players the opportunity to gain some physical fitness before competing and maximal effort where players are traditionally more at risk from injury.

The session structure will ensure that there is a progression through out the 6 week block, ensure that the timings are religiously kept.

Day	Wednesday
Tactical Principles Of Performance	
Tactical Principle	Principle
Training Groups	Units and Multiple Units
Tactical Outcome	Playing Through Midfield
Physical Principles Of Performance	
Physical Loading	High Speed Running
Physical Theme	Endurance
Relative Intensity	High
Area Used	Large Spaces
Pitch Space Used	
Running Distance	High Distance
Coaching Interventions	High interventions
Session Length	120 minutes
Work ratio	420'
Rest Ratio	90'
Blocks	5
Opposition Numbers	11-Aug
Psychological Load	High

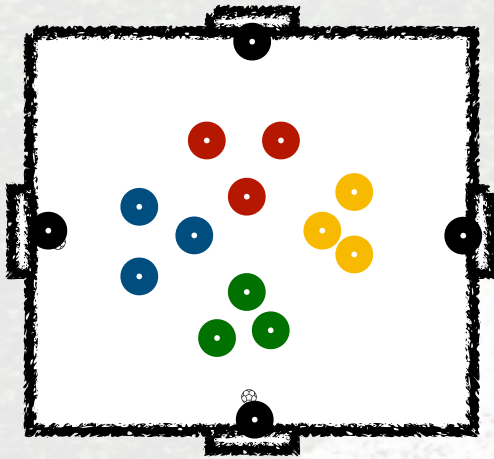
Session Structure	
Timing (Mins)	Activity
0-15	Muscle Activation
15-35	Rondo
35-65	Session Theme
65-90	Small Sided Game



Week 1 - Friday

The Finishing Phase

Rondo



Size:
25 Yards Wide
25 Yards Long

Description:

3v3 + 3v3 street football exercise, low impact due to small sized, coach throws the ball in from the side to ensure its reactive speed, short blocks and long recovery.

Progression:

In order to progress this the session will require the goal to change after every goal, this will force the psychological side of a players game to become engaged as well.

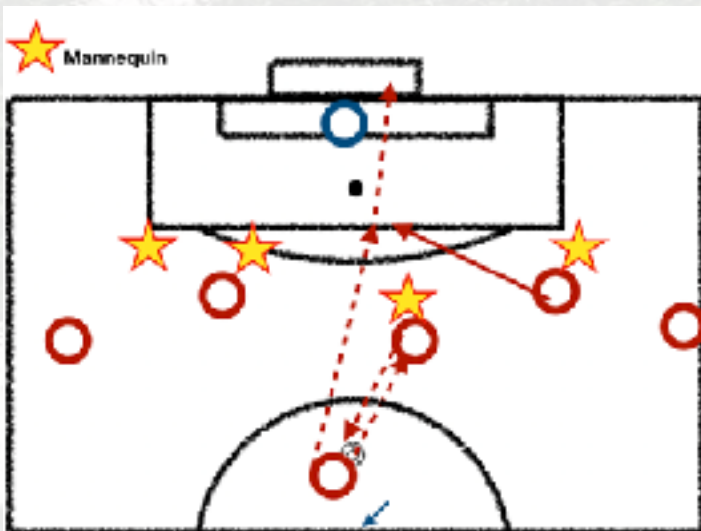
Player Detail:

Players just need to focus on short sharp sprints and first time finishes

Intervention Style:

Zero intervention needed technically and tactically but the coach should look to enforce and encourage quick movements and high recovery.

Theme



Size:
50 Yards Wide
40 Yards Long

Description:

Opportunity to practice the rotations required to combine in to the final third, Rotation 1 Midfield player bounces in to a withdrawn 9 who has pulled the center back out to leave space, then the wide player who is pinning the full back runs across the defender and receives inside, the second rotation is the wide player running inside, taking the full back with him, to leave the full back in the outside channel

The Finishing Phase

Progression:

Progression, maybe to add limited opposition instead of mannequins, but important to remember this session must be low intensity to ensure low fatigue levels

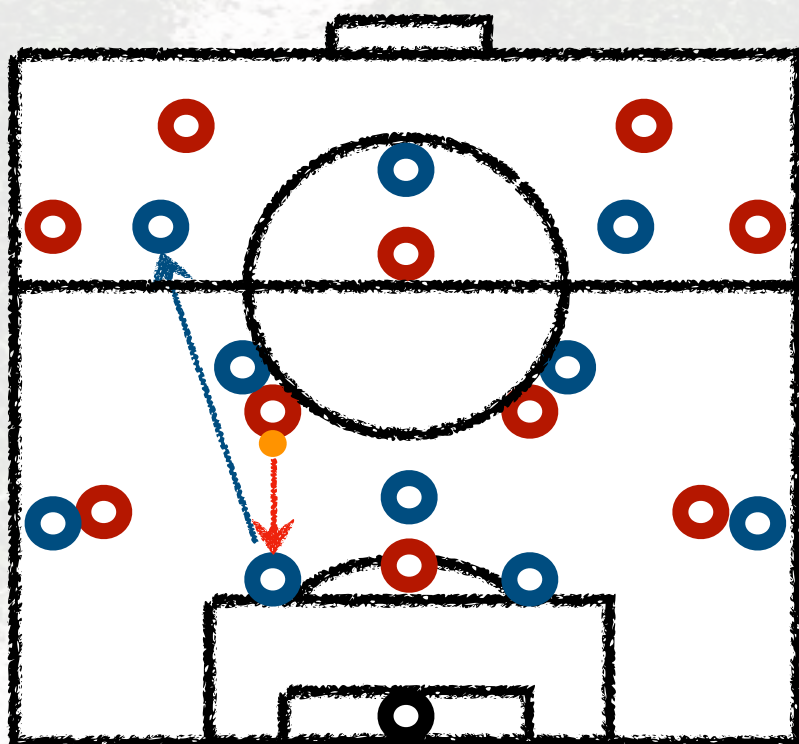
Player Detail:

Challenge players individual movements, why is the full back staying wide, why is the full back touching the touchline etc

Intervention Style

Very grass lead, information concurrent with the situation, ensure the detail is correct, no surprises for the day ahead.

Game



Size:
50 Yards Wide
50 Yards Long

Description:

The 11v11 game must be very very low intensity, this will almost be a walk through, just reinforcing some of the tactical ideas or structures being transferred in to the game, this will be specific to your game model and your opponent that you will be playing against.

Progression:

No progression needed

Player Detail:

No new messages, just reinforce the principles that you have enforced all week.

Intervention Style

Walk through the situations you coach, let players see the moment, what is commonly referred to as the traditional coaching process, reenact moments and experience them again.

Playing through Midfield / Defending Centrally

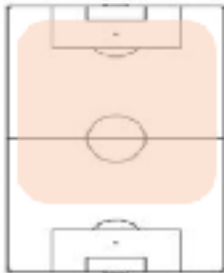
Week 2 Overview

Pressing from the Front / Playing out from the back

Training week 2 is an important part of the 6 week block, it involves the first opportunity for fitness testing and this takes part as a replacement for session 1 of the week, it is important that players undergo one week of training first, and then equally important that they are exposed to fitness testing whilst not under fatigue from the training week.

The second week provides the first opportunity for competitive fixtures, but this week should not involve key players playing significant game time, as the training and game work load should be increased over the 6 weeks.

During training week 2, players look to train the pressing element of performance in the final third whilst working to understand the patterns and movements required to successfully play out from the back under pressure, these two key training areas should then be enforced in to the weekends game to ensure that the transferability between training and games is high and this way the coach can ensure the game model being implemented is obvious within the players.

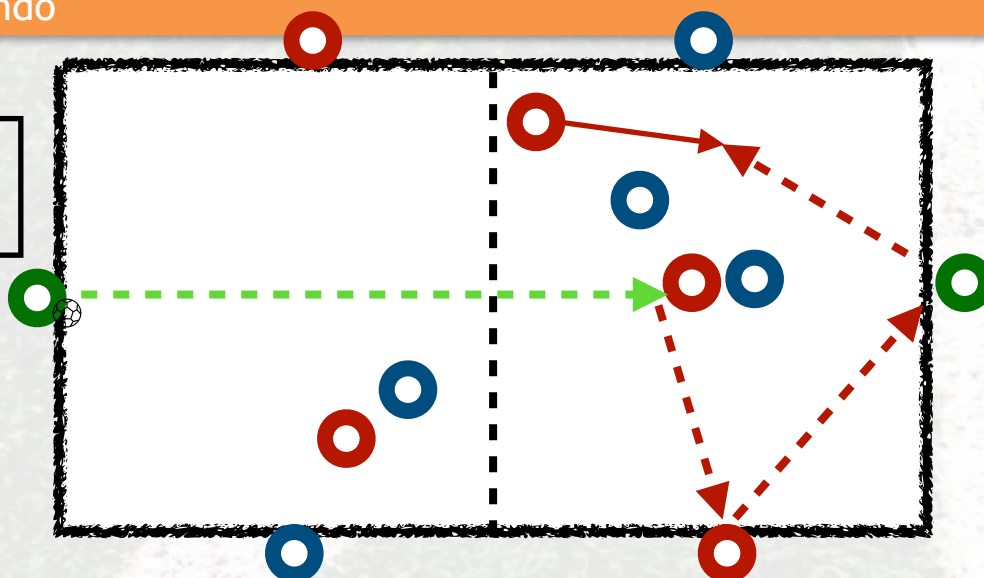
Week 2 Training Plan	
Day	Wednesday
Tactical Principle	Principle
Training Groups	Units and Multiple Units
Tactical Outcome	Playing Out From The Back/ Pressing From The Front
Physical Principles Of Performance	
Physical Loading	High Speed Running
Physical Theme	Endurance
Relative Intensity	High
Area Used	Large Spaces
Pitch Space Used	
Running Distance	High Distance
Coaching	
Interventions	High Interventions
Session Length	120 minutes
Work ratio	420'
Rest Ratio	90'
Blocks	5
Opposition Numbers	nine to eleven
Psychological Load	High

Session Structure	
Timing (Mins)	Activity
0-15	Muscle Activation
15-35	Rondo
35-65	Session Theme
65-120	Small Sided Game

Pressing from the Front / Playing out from the back

Rondo

Size:
35 Yards Wide
35 Yards Long



Description:

This rondo provides an opportunity to practice the principles of playing out from the back, within an end to end rondo, in possession the game is created as a 5+2v5 for example the reds play out with the greens so they must look to get the ball from end to end with out a blue touching ti, they must use rotations to play out with only one full back on the outside available.

Progression:

In order to progress this the opponent can be overloaded to make possession of the ball more difficult

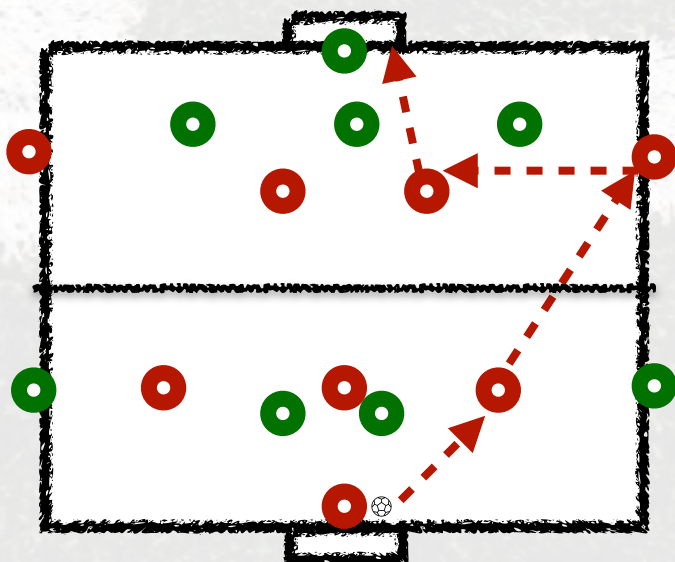
Player Detail:

Challenge players to be quick with the ball and make passes over a short distance

Intervention Style:

The intervention should not stop the practice allowing the players to work physically hard, the information should be very direct as the opportunity for recovery is minimal and it is important the players do not stop working and they are exposed to thee acquisition day

Theme



Description:

Reds play greens in a 30x30 space, there are 2 outside players in the attacking half, the team in possession must play out through the first third before playin in to the second zone to score, 4v2 overloads should allow players to play out with reasonable pressure, whilst two high and wide attackers force the opponent to defend realistically to the problem they see

Size:
40 Yards Wide
40 Yards Long

Pressing from the Front / Playing out from the back

Progression:

In order to progress this the session can remove the central area to allow the team out of possession to overload the team in possession, the wide players could also be allowed inside the square once the ball crosses the half way line to create a 4v3 overload and create issues for the defending team.

The team in possession can also be limited in touches to ensure that passes are short in length and quick in time

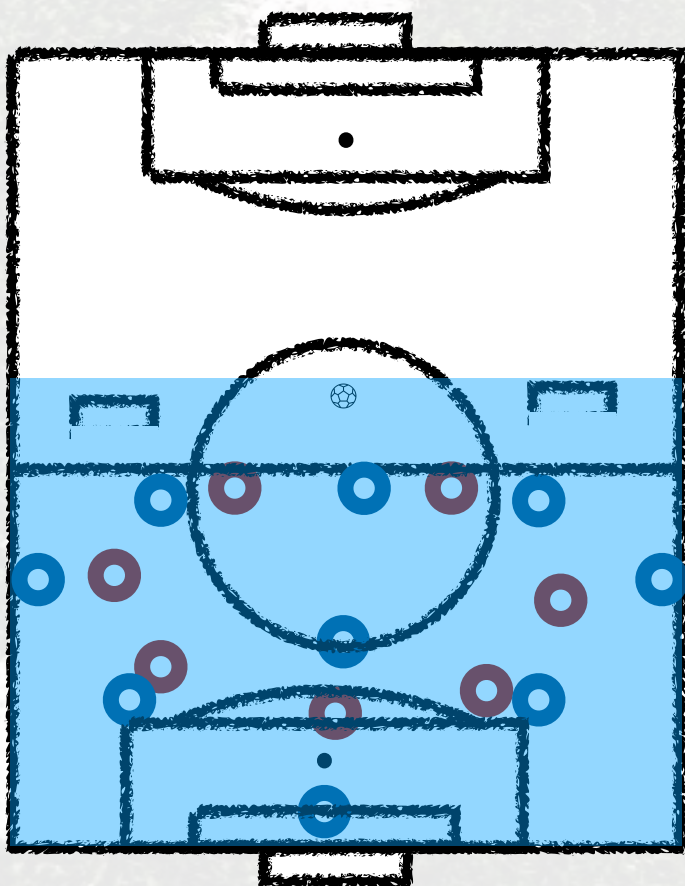
Player Detail:

Challenge players to receive between the lines, be aware of the space around them and look to play forward with an intent, relay the importance of looking to play forward when layout out from the back.

Intervention Style

Interventions should not interrupt the flow of the practice and coaches should refrain from stopping the practice but the information should be in depth and detailed during the recovery time

Game



Description:

The small sided game has taken part as more of a half pitch practice to allow the relaying of information during a week where 1 session is lost due to fitness testing, the teams play 1-4-3-1 v 2-2-3 the team in possession are challenged to play out using all 5 attacking lanes, The rotations will be specific to your game model but should look to combine and allow the team in to the attacking phase

Progression:

To progress this open the practice up in to 9v9 practice

Player Detail:

Work with the centre back at the movements to receive the ball and the lane position, do they go outside lane or inside lane to receive

Intervention Style

This block requires more stop start and more information to ensure that players are aware of their tactical needed in the session.

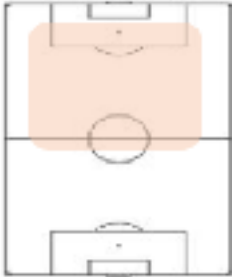
Size:
35 Yards Wide
22 Yards Long

The Finishing Phase

Training week 2 is an important part of the 6 week block, it involves the first opportunity for fitness testing and this takes part as a replacement for session 1 of the week, it is important that players undergo one week of training first, and then equally important that they are exposed to fitness testing whilst not under fatigue from the training week.

The second week provides the first opportunity for competitive fixtures, but this week should not involve key players playing significant game time, as the training and game work load should be increased over the 6 weeks.

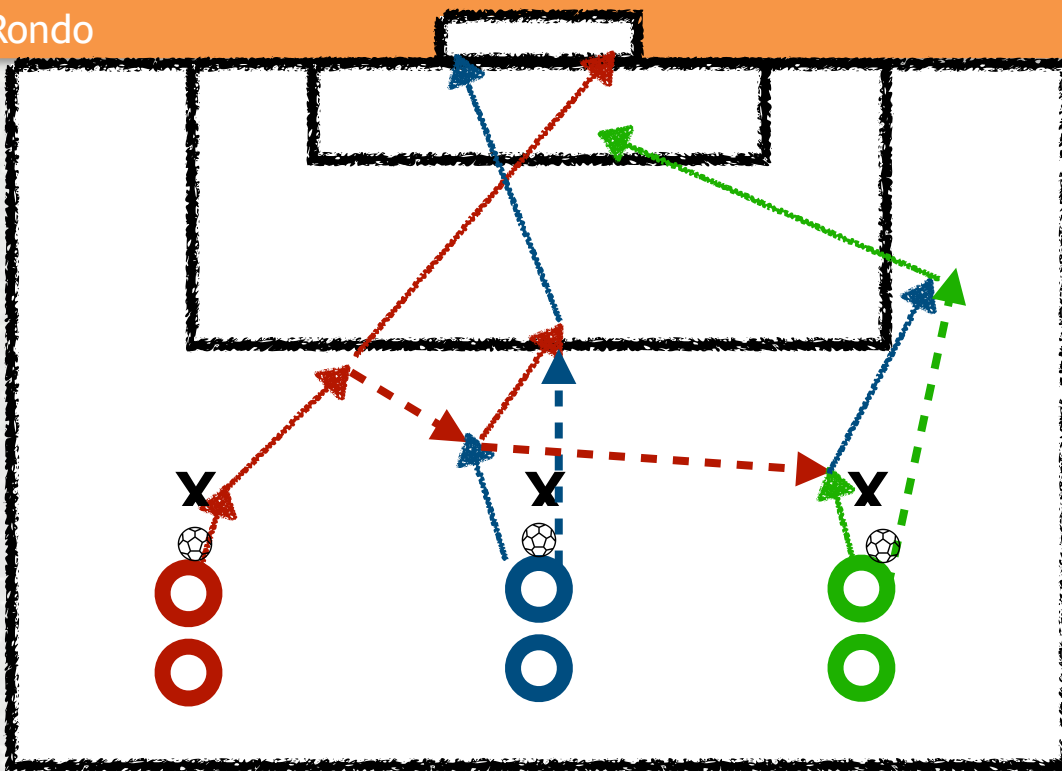
During training week 2, players look to train the pressing element of performance in the final third whilst working to understand the patterns and movements required to successfully play out from the back under pressure, these two key training areas should then be enforced in to the weekends game to ensure that the transferability between training and games is high and this way the coach can ensure the game model being implemented is obvious within the players.

Week 2 Training Plan	
Day	Friday
Tactical Principles Of Performance	
Tactical Principle	Sub-Sub-Principle
Training Groups	Playing Lines
Tactical Outcome	Finishing Phase / Defending The Box
Physical Principles Of Performance	
Physical Loading	Sprints
Physical Theme	Speed
Relative Intensity	Low
Area Used	Medium And Large
Pitch Space Used	
Running Distance	Medium Distance
Coaching Interventions	Medium Interventions
Session Length	90 minutes
Work ratio	180'
Rest Ratio	120'
Blocks	5
Opposition Numbers	
Psychological Load	Low

Session Structure	
Timing (Mins)	Activity
0-15	Muscle Activation
15-35	Rondo
35-65	Session Theme
65-90	Small Sided Game

The Finishing Phase

Rondo



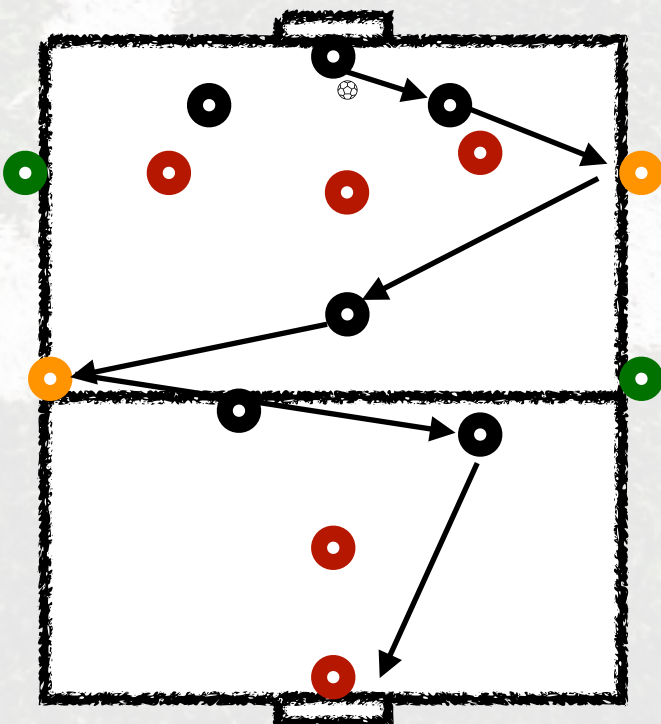
Description:

Low intensity attacking combinations

Size:
50 Yards Wide
25 Yards Long

- 1.) Red runs forward and shoots from outside the box
- 2.) Red then goes short to blue and sets blue through to score
- 3.) Red then runs across to play a 1-2 with Green, who then gets the passed to him in the channel from red, and the next red and blue in the line run in to the box to receive a cross from green.

Theme



Description:

Game is played in the top half 4 blacks v 3 reds, however when in possession the blacks also have the greens and yellows, the challenge is when playing out the blacks must get the ball from a yellow to a yellow or a green to a green, in order to be able to pass in to their two strikers who can attack in the 2v2 situation in the other half.

This will force the team in possession to be playing diagonally across their own box, and so give the reds an opportunity to steal possession and counter quickly as if they were pressing a team playing out from the back

Size:
30 Yards Wide
45 Yards Long



The Finishing Phase

Progression:

In order to progress this an extra black can be added to make it a more difficult pressing challenge for the team in possession

The yellows and greens can also be changed to blacks to create a realistic numerical game

The outside players can be limited to two touches.

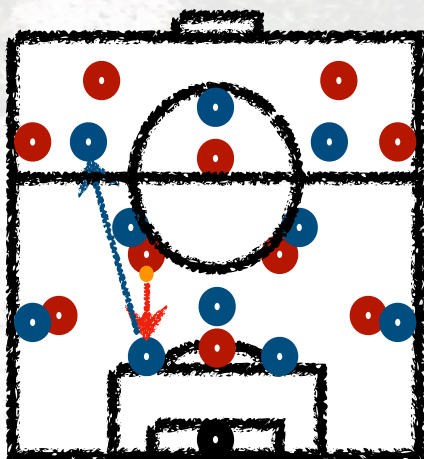
Player Detail:

Challenge individual players to press the ball wide to cut play off and increase the opportunity to win possession earlier.

Intervention Style

Don't be afraid to stop the session and provide walk throughs on tactical detail and what specific game model information could benefit the players

Game



Size:
50 Yards Wide
50 Yards Long

Description:

The 11v11 game must be very very low intensity, this will almost be a walk through, just reinforcing some of the tactical ideas or structures being transferred in to the game, This part of the Friday session will very rarely change

Progression:

No progression needed

Player Detail:

No new messages, just reinforce the principles that you have enforced all week.

Intervention Style

Walk through the situations you coach, let players see the moment, what is commonly referred to as the traditional coaching process, reenact moments and experience them again.

Playing through Midfield / Defending Centrally

Week 3 Overview

Attacking through Central Areas/ Defending Deep

Training week 3 involves an important tactical week, the principles of your game model should now become more obvious in your players, and remaining consistent to this game model is key.

Training needs to become more enforced during this week, more direct and consistent in how the game model is implemented. Training intensity should remain high as it has been previously, within the tactical periodization model, this volume and intensity should remain fairly consistent to ensure there are no peaks and troughs.

The week looks at developing the attacking phase of the game attacking centrally, penetrating through teams with combination play and effective use of the pitch, although this session will be specific to your game model, the session will show Guardiola designed sessions that are specific to his game model.

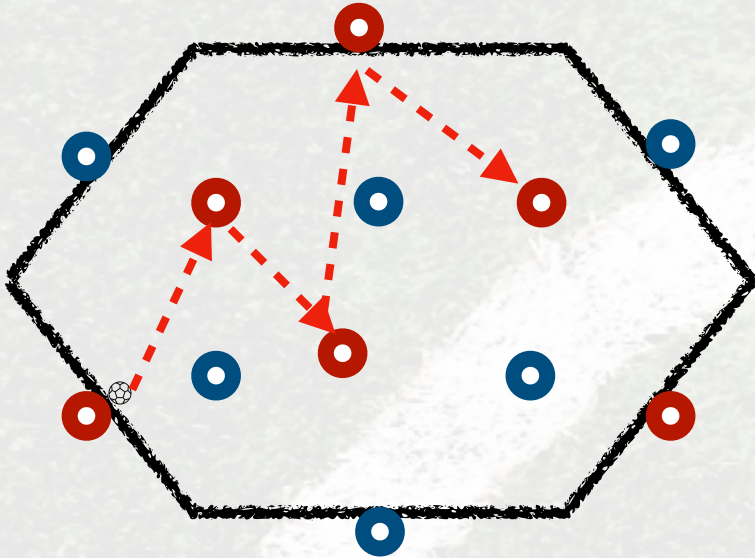
Out of possession the week looks to work on defending deep, how to prevent a team playing through you by getting deep and forcing play in to the wide areas, this is an important part of the 6 week block.

Week 3 Training Plan	
Day	Tuesday
Tactical Principles Of Performance	
Tactical Principle	Sub-Principle
Training Groups	Unit Lines Playing forward passes
Tactical Outcome	
Physical Principles Of Performance	
Physical Loading	Change Of Direction
Physical Theme	Strength
Relative Intensity	Medium
Area Used	Small Spaces
Pitch Space Used	
Running Distance	Short Distance
Coaching	
Interventions	Low Interventions
Session Length	90 minutes
Work ratio	180'
Rest Ratio	60'
Blocks	8
Opposition Numbers	5
Psychological Load	Medium

Session Structure	
Timing (Mins)	Activity
0-15	Muscle Activation
15-35	Rondo
35-65	Session Theme
65-120	Small Sided Game

Attacking through Central Areas/ Defending Deep

Rondo



Size:
30 Yards Wide
25 Yards Long

Description:

This rondo takes place as a 6v6, 3v3 on the outside, and a 3v3 on the inside, this will practice the moments of the game where players need to combine centrally and look to play through the team, can the team in possession build up from the bottom of their practice, through the central players and in to their end player, this will replicate the combinations from centre back to striker.

Progression:

To progress this a neutral defender can be added to make it more difficult to play through

If the teams are struggling to play through then a attacking player can be added to create a 4v3 in central areas

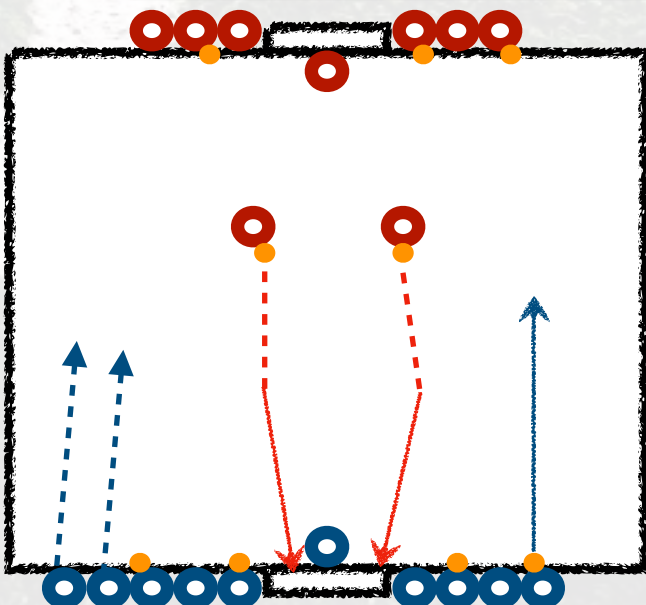
Player Detail:

Outside players need to be quick with the ball, limiting their time in possession to ensure the movement of the ball is quicker and the players are able to play through space quicker

Intervention Style:

The coach should be vocal encouraging the players to play quickly with an intensity but should try to avoid stopping the session to allow the physical returns.

Theme



Description:

Both players will shoot one after the other, on the second shot, 3 blue players break out to create a 2v3, when this breaks down 2 reds break out creating a 3v4, followed by 2 more blues, to create a 5v4 until there are no players left. This highly transitional phase will allow players to be direct and attack through central areas. This task will be highly transitional and will expose players to the situation of attacking in central areas, this suits the early part of the training week to the high amounts of directional change.

Size:
30 Yards Wide
30 Yards Long



Attacking through Central Areas/ Defending Deep

Progression:

To progress this drill, the progression can become physical, this specifically means making the practice end to end, so instead of 2v3 then 3v4, then the practice can become 2v2, in a consistent practice, for that period of time required.

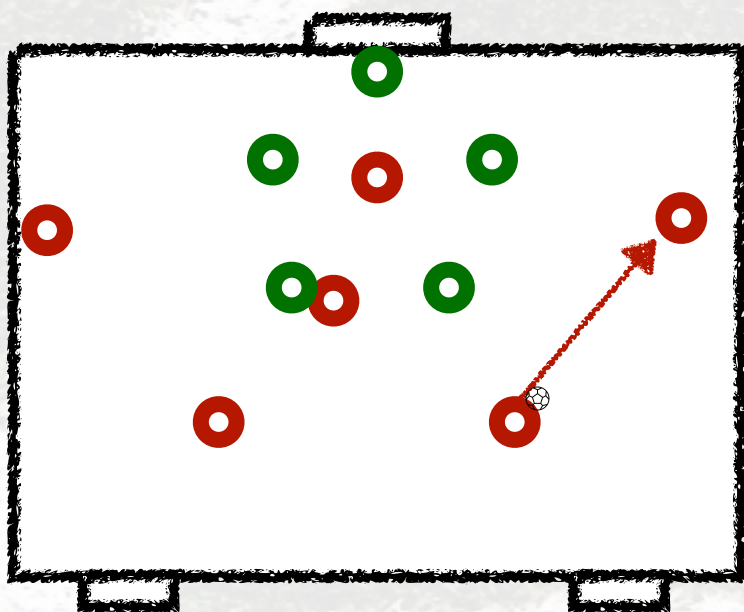
Player Detail:

Challenge players to make decisions under pressure, challenge players to be positive in their decision making processes

Intervention Style

The coach needs to be very influential in how they speak, be willing to encourage and enforce positive effort, when a player works hard, reinforce that, remind them that hard work is part of the process but do not stop the practice

Game



Size:
40 Yards Wide
30 Yards Long

Description:

The game is setup in a 5v6 situation with the greens with a GK defending a central goal, whilst the reds attack with an overload, as soon as possession breaks down, the teams must sprint back to position and being the practice from the end where two goals sit.

Progression:

In order to progress this an additional green can be added to create a more realistic challenge in possession for the reds

Player Detail:

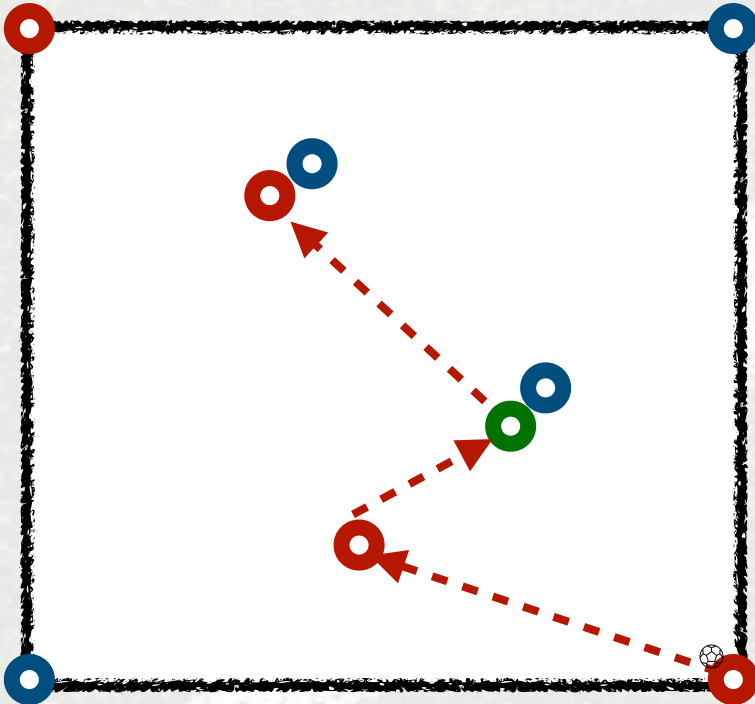
The behaviors important for players in here are the urgency to play forward, can you receive between the lines can you make movements to open space centrally

Intervention Style

The Small sided game should have less coaching allowing players to self manage the technical and tactical returns as well as the intensity of the game, coaching can frame the need for intensity but shouldn't take over in the relaying of information.

Attacking through Central Areas/ Defending Deep

Rondo



Size:
30 Yards Wide
30 Yards Long

Description:

The rondo like practice involves a 2v2+1 in central areas with a 2v2 on the outside the team in possession must look to stay on the ball, and play through central areas quickly and make quick combinations to go from one end to the other.

Progression:

To progress this open the space up to provide a larger physical challenge
Outside players can be limited to one touch to ensure that players in central areas must move quickly to create passing options.

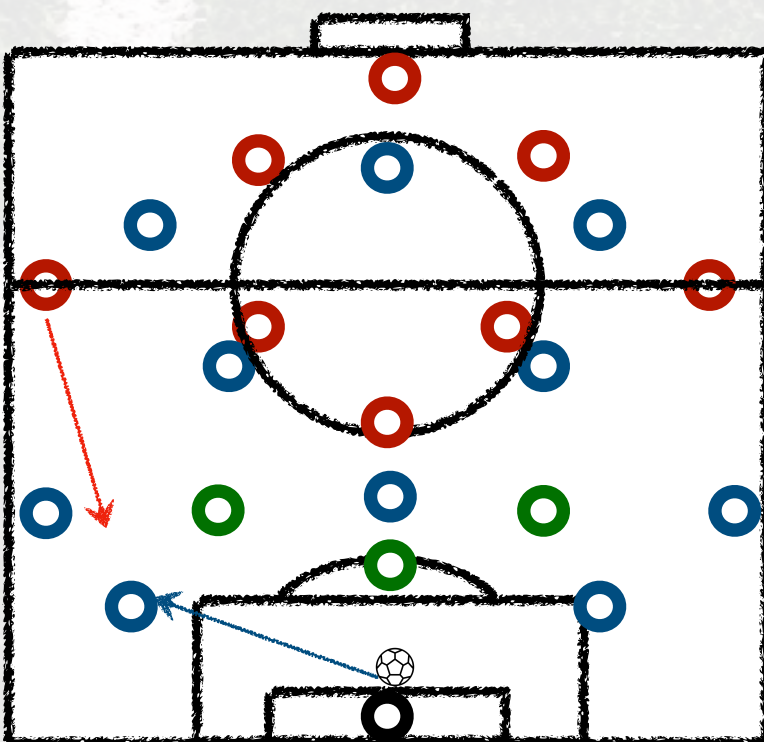
Player Detail:

Double movements - Can players move away from the ball before making movements back towards the ball to create space for the team mate to receive

Intervention Style:

The period of work is now longer, which means there is a larger recovery period, the coaching can take part in recovery time. More tactical information is important, can you link the larger unit work to the small unit work taking place in this session.

Theme



Description:

This practice is set up 11 v 8+3 the blues attack the reds, but the greens only play for the reds when the reds are in possession, this allows the blues opportunity to build up and attempt to combine through the reds, whilst it forces the reds to defend deep as they do not have the players to apply pressure, this will naturally manufacture a red team that look to drop off, defend deep and hit the blues on the counter, whilst it allows the blues the opportunity to try and play through a block.

Size:
40 Yards Wide
40 Yards Long

Attacking through Central Areas/ Defending Deep

Progression:

- As time progresses the session can become a straight 11v11 to ensure that players play with realistic pressure in all phases of the game, it will also teach the attacking 3 what their role is out of possession in the block.
- In addition to this the pitch can be made more narrow, this will make the space more compact and make it more difficult for the team to play through
- Space can also be made longer to ensure that realistic gaps appear between the opposition lines

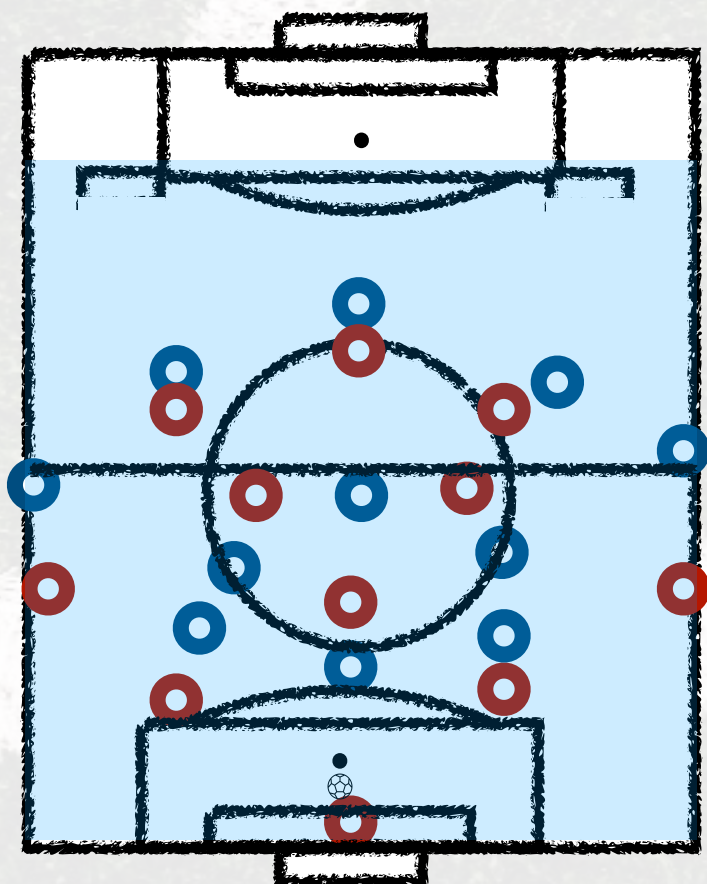
Player Detail:

- Tactically challenge players, can the 9 come short and leave space behind for the wide players to run in to
- Can the wide players come inside to use the inside channel to allow the outside channel for the full backs

Intervention Style

Interventions should take place during the players recovery time, or on the pitch during time if the information is vital to the game model

Game



Description:

The Small sided game now Wednesday is a continuation of the training phase before the session should be increased in length to ensure that players are exposed to larger distances and full width used to ensure that the challenge is reality.

Progression:

- Passes in the defensive third must be forward
- Out of possession all 11 players must be behind the ball

Player Detail:

- Can the 9 receive ball short and leave space behind for the wide players to run in to

Intervention Style

This block requires more stop start and more information to ensure that players are aware of their tactical needed in the session.

Size:

35 Yards Wide
22 Yards Long

The Finishing Phase

Training week 3 involves an important tactical week, the principles of your game model should now become more obvious in your players, and remaining consistent to this game model is key.

Training needs to become more enforced during this week, more direct and consistent in how the game model is implemented. Training intensity should remain high as it has been previously, within the tactical periodization model, this volume and intensity should remain fairly consistent to ensure there are no peaks and troughs.

The week looks at developing the attacking phase of the game attacking centrally, penetrating through teams with combination play and effective use of the pitch, although this session will be specific to your game model, the session will show Guardiola designed sessions that are specific to his game model.

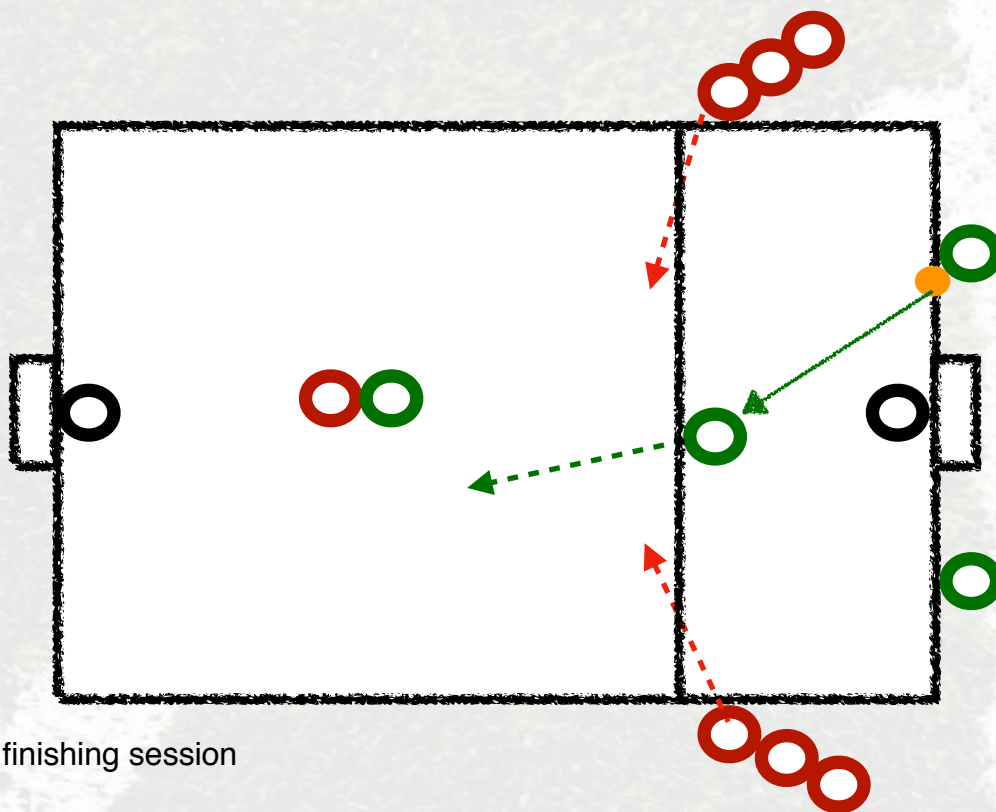
Out of possession the week looks to work on defending deep, how to prevent a team playing through you by getting deep and forcing play in to the wide areas, this is an important part of the 6 week block.

Week 3 Training Plan	
Day	Friday
Tactical Principles Of Performance	
Tactical Principle	Sub-Sub-Principle
Training Groups	Playing Lines
	Finishing Phase /
Tactical Outcome	Defending The Box
Physical Principles Of Performance	
Physical Loading	Sprints
Physical Theme	Speed
Relative Intensity	Low
Area Used	Medium And Large
Pitch Space Used	
Running Distance	Medium Distance
Coaching interventions	Medium Interventions
Session Length	90 minutes
Work ratio	180'
Rest Ratio	120'
Blocks	5
Opposition Numbers	
Psychological Load	Low

Session Structure	
Timing (Mins)	Activity
0-15	Muscle Activation
15-35	Rondo
35-65	Session Theme
65-90	Small Sided Game

The Finishing Phase

Rondo



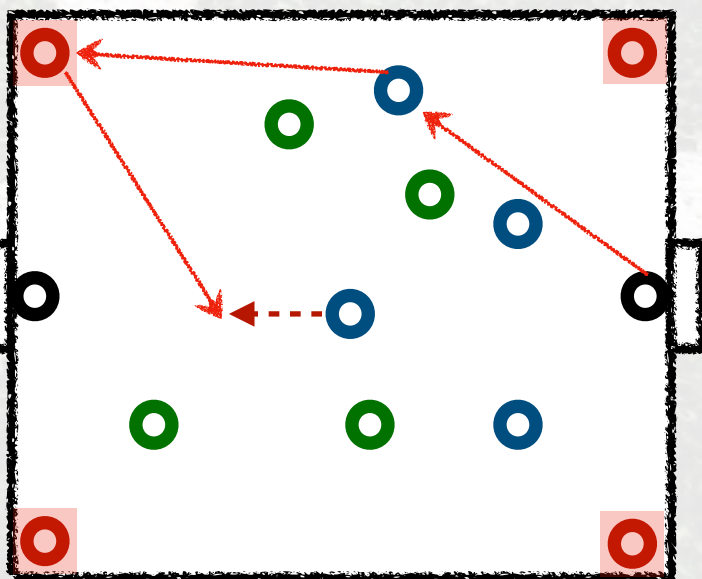
Description:

Low intensity finishing session

Size:
20 Yards Wide
30 Yards Long

- 1.) Green passes inside to the second green
- 2.) They then attack 2v1 with the red and the green already in the other half
- 3.) As soon as the green receives possession the two reds recover
- 4.) This creates a 2v3 finishing situation, if reds win the ball they counter

Theme



Description:

This finishing session involves large numbers in a tight space, this will limit the players exposure to long distance running, or high speeds, it is set up with 4 players in the corner and a 4v4 on the inside, this creates a 4v4+4, the idea is to still be practicing the finishing phases of the game, the outside players are challenged to create crossing opportunities quickly, which means deep runners are required to find the wide players crosses.

It is important that the players energy levels are managed within this practice to make sure they are not fatigued for the game on Saturday.

Size:
35 Yards Wide
35 Yards Long



The Finishing Phase

Progression:

- To progress this drill, look to add neutral players this will create overloads and flood the defensive team and create finishing opportunities.
- Create a 1 touch rules for outside players to force the central players to make early runs in to the box
- Enforce a 1 touch finish rule to make the finishing phase realistic

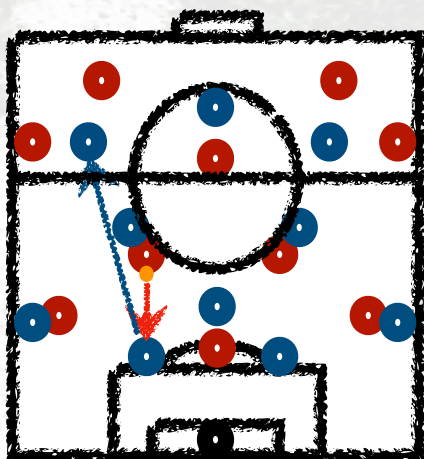
Player Detail:

- Challenge the outside players to cross with quality, grounded crosses shouldn't bounce and should be finighable with good contact
- Crosses in the air should try to expose the space between GK and CB

Intervention Style

Slow the practice down with your intervention, allow the players recovery time, be calm in your manner, this is 24 hours before the game, if you display a to emotional approach so close to the game this can make the players uncomfortable, it is vital that the coach displays an image of confidence so close to the game, relax the players so they feel they can share your confidence for the game.

Game



Size:

50 Yards Wide
50 Yards Long

Description:

The 11v11 game must be very very low intensity, this will almost be a walk through, just reinforcing some of the tactical ideas or structures being transferred in to the game, This part of the Friday session will very rarely change

Progression:

No progression needed

Player Detail:

No new messages, just reinforce the principles that you have enforced all week.

Intervention Style

Walk through the situations you coach, let players see the moment, what is commonly referred to as the traditional coaching process, reenact moments and experience them again.

Playing through midfield / Defending Wide Ares



Week 4 Overview

Playing through midfield (Wide) / Defending Wide Ares

Training week 4 is now well in to the heart of the training programme, players have now been exposed to full back-to-back training weeks and most players will have competed in 80-100% of a full fixture, and will be working towards that ability to compete at 100%.

Training week 4 continues with the same intensity and volume of training as before, but looks to work more out of possession focusing on the groups ability to defend in wide areas, and force the opponents out wide, and keep them there. In possession the aim is to play through midfield using wide areas.

This differs slightly from the previous week and now looks to understand the coaches game model in terms of how to effect the game from wide areas, how does your team defend in wide areas? How does your team attack wide areas? This book will expose the principles of Guardiola but must be tailored to your game model to ensure that the session replicate the need of your players dependent on what you are asking of them on a game day.

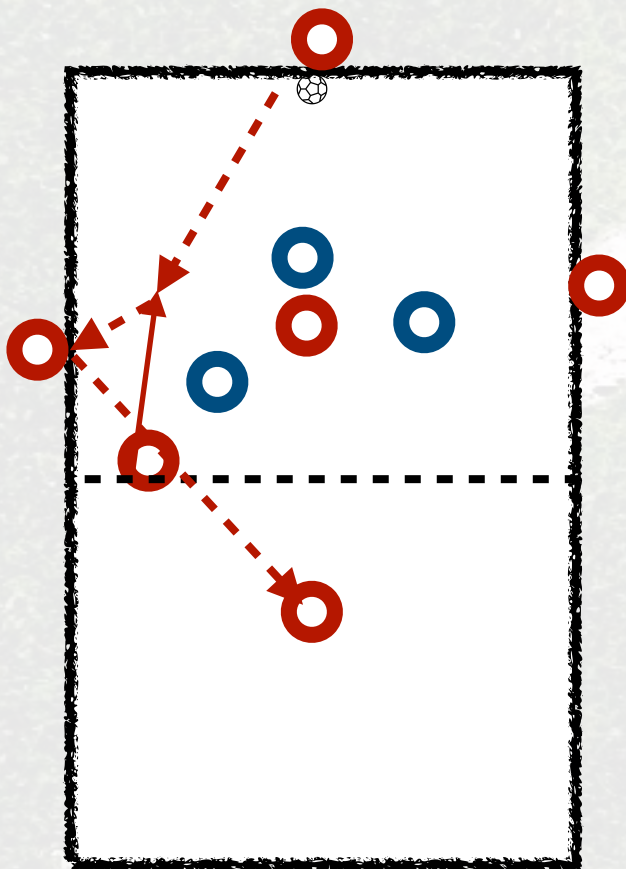
Week 1 Training Plan	
Day	Tuesday
Factical Principles Of Performance	
Factical Principle	Sub-Principle
Training Groups	Unit Lines Combination Play
Factical Outcome	
Physical Principles Of Performance	
Physical Loading	Change Of Direction
Physical Theme	Strength
Relative Intensity	Medium
Area Used	Small Spaces
Pitch Space Used	
Running Distance	Short Distance
Coaching Interventions	Low Interventions
Session Length	90 minutes
Work ratio	180'
Rest Ratio	60'
Blocks	8
Oppsotion Numbers	5
Psychological Load	Medium

Session Structure	
Timing (Mins)	Activity
0-15	Muscle Activation
15-35	Rondo
35-65	Session Theme
65-120	Small Sided Game



Playing through midfield (Wide) / Defending Wide Ares

Rondo



Size:
20 Yards Wide
30 Yards Long

Description:

This rondo replicates combinations using full backs and the idea of pressing wide players and keeping play wide.

The reds look to combine and play in to the loan red player, once they get play in to that red player, the reds must transfer to the outside of the other half of the grid and the blues must transfer over as-well.

Progression:

- To Progress this require additional passes in order to cross in to the other side.
- Make the space tighter on one half to challenge ball rotation

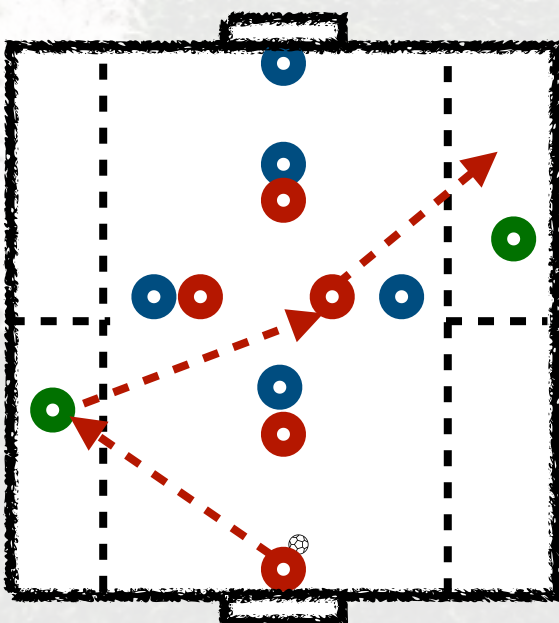
Player Detail:

Movement when receiving can you challenge players to receive and move, the movement maybe in behind the opponent to create space

Intervention Style:

Encourage positive behaviors, encourage a competitive environment that can build a foundation for an intense and meaningful session.

Theme



Size:
30 Yards Wide
40 Yards Long

Description:

4v4 in central areas with 2 wide players, the wide area is split in two, the wide player can not carry the ball from one half to the other.

Players are challenged to combine with the wide player to create opportunities from crosses. Out of possession the team with out the ball are challenged to force the opponent to keep the ball wide and go back towards goal and start again

Playing through midfield (Wide) / Defending Wide Ares

Progression:

- To progress the practice open the space up to become a 4v4+2
- To progress add a neutral player to create overloads
- Limit outside players to one touch to force early crosses
- Limit players to forward passes only to try and force forward passes in to the unoccupied space for wide players

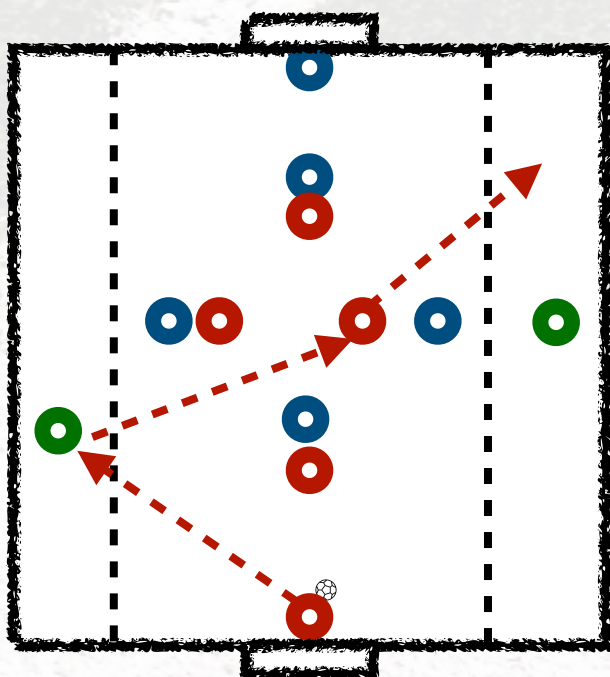
Player Detail:

- Make sure the wide player recognizes why they need to use the space lets behind

Intervention Style

The coach needs to be very influential in how they speak, be willing to encourage and enforce positive effort, when a player works hard, reinforce that, remind them that hard work is part of the process but do not stop the practice

Game



Size:
35 Yards Wide
45 Yards Long

Description:

This part of the session is a continuation to the theme of the session, use the same format in a bigger space, the wide area is opened up in to a full strip. This will create an end to end practice that challenges players technically tactically and physically

Progression:

- To progress this session you can remove the neutral wide players and force the team in possession to occupy the space, this will reinstall good habits that relate to your game model.

Player Detail:

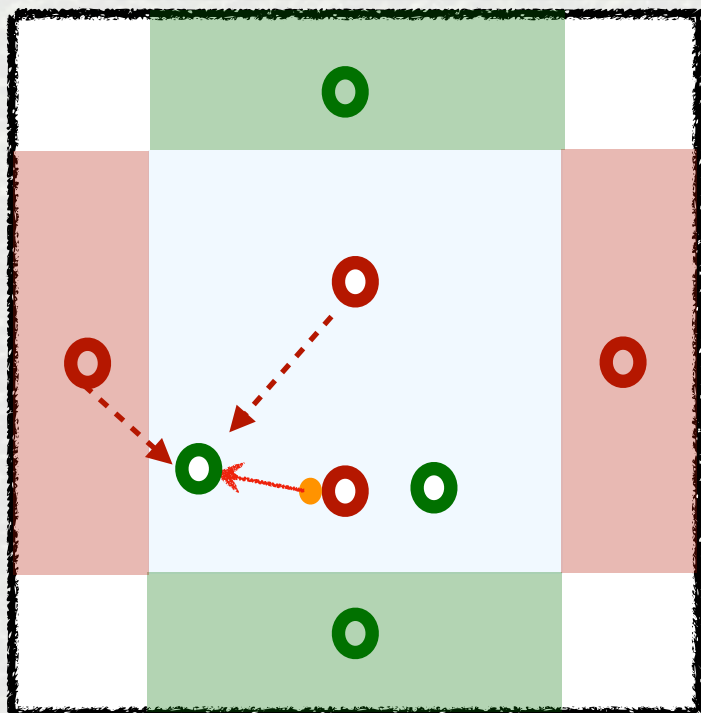
The detail for individuals is important, challenge the wide player on his/her individual positioning, when to get beyond the furthest midfield player, when to receive behind the most attacking player etc

Intervention Style

Again the coaching on a Tuesday has to allow a player lead environment. Coach during the break allow coaching but make sure the players are responsible for the environment

Playing through midfield (Wide) / Defending Wide Ares

Rondo



Size:
30 Yards Wide
30 Yards Long

Description:

This rondo involves a 2v2 on the inside, and a 2v2 on the outside, players out of possession challenged to get tight to the outside player and restrict a pass inside, it can't be passed from outside to outside so it is important out of possession that the team out of possession get tight and prevent passing lanes and keep play wide

Progression:

- If the team out of possession find the session easy then allow switches of play
- If it's easy out of possession then include a neutral player
- If it's too easy in possession then restrict the players in passing back to the outside players once they receive the ball

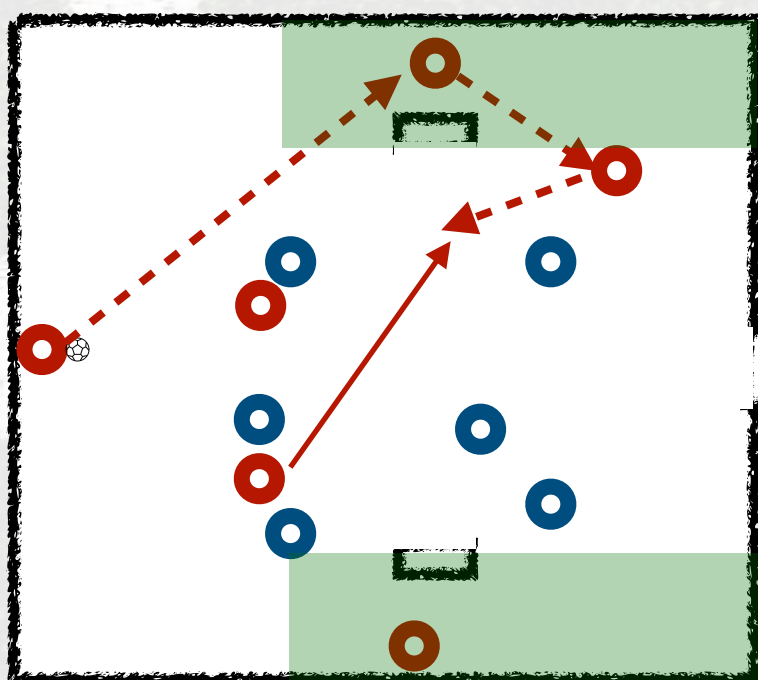
Player Detail:

- Reaction to transition can it be quick and win the ball early
- When defending can you get tight and prevent passes inside

Intervention Style:

Remain Consistent with Wednesday

Theme



Size:
45 Yards Wide
50 Yards Long

Description:

This theme develops a session where there is a reward of playing possession wide as goals are worth 5 when the ball has gone in to one of the two green zones, however this adds importance to defending wide areas, don't stop teams receiving the ball wide as these areas are less dangerous, but once the ball gets in to the wide area can you get across and ensure that play can not be played back inside as this can be dangerous and puts the team at risk defensively.

Playing through midfield (Wide) / Defending Wide Ares

Progression:

- In order to progress this reward the team out of possession if they are able to win possession in the wide area, this will make the game competitive but make the defensive side of the game lucrative and reward.
- Creating a 6 second frenzy could also encourage players to get higher and look to win possession quicker

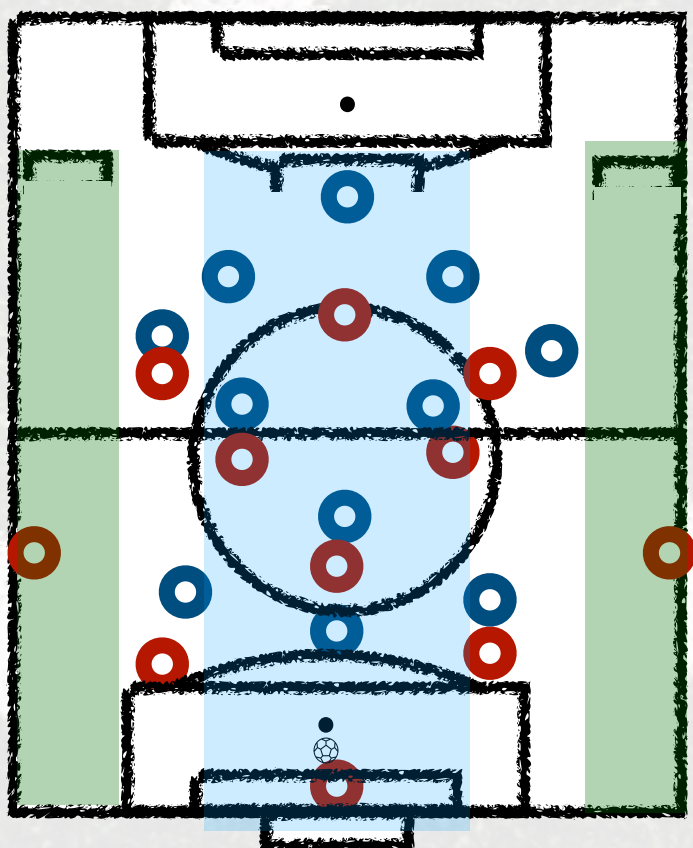
Player Detail:

- Can the wide player use the outside channels to stretch the game
- Can the inside midfield players use the inside channel and pull the widest players inside to allow wide players space
- Can the ball be maintained centrally until the opponent allows the pass out wide

Intervention Style

The intervention should be consistent with Wednesday sessions and be performed during the rest periods for the majority of the session however if the information is key then the session can obviously be stopped and explained to ensure there is consistency in what is needed in line with the game model.

Game



Description:

The small sided game is shown set up 11v11, the 5 lanes are shown to allow players to understand what their role is in possession, occupying all 5 lanes will allow better ball rotation.

Progression:

- Reward goals that are scored by using the 5 lanes with extra goals
- Out of possession reward the team out of possession when play is regained from the outside channel

Player Detail:

- Can all 5 lanes be used in possession quickly

Intervention Style

More detailed coaching, make sure the 5 lanes are used and players understand why they need to use the lanes and the consequence of not using the 5 lanes.

Size:

75 Yards Wide
50 Yards Long

The Finishing Phase

Training week 4 is now well in to the heart of the training programme, players have now been exposed to full back-to-back training weeks and most players will have competed in 80-100% of a full fixture, and will be working towards that ability to compete at 100%.

Training week 4 continues with the same intensity and volume of training as before, but looks to work more out of possession focusing on the groups ability to defend in wide areas, and force the opponents out wide, and keep them there. In possession the aim is to play through midfield using wide areas.

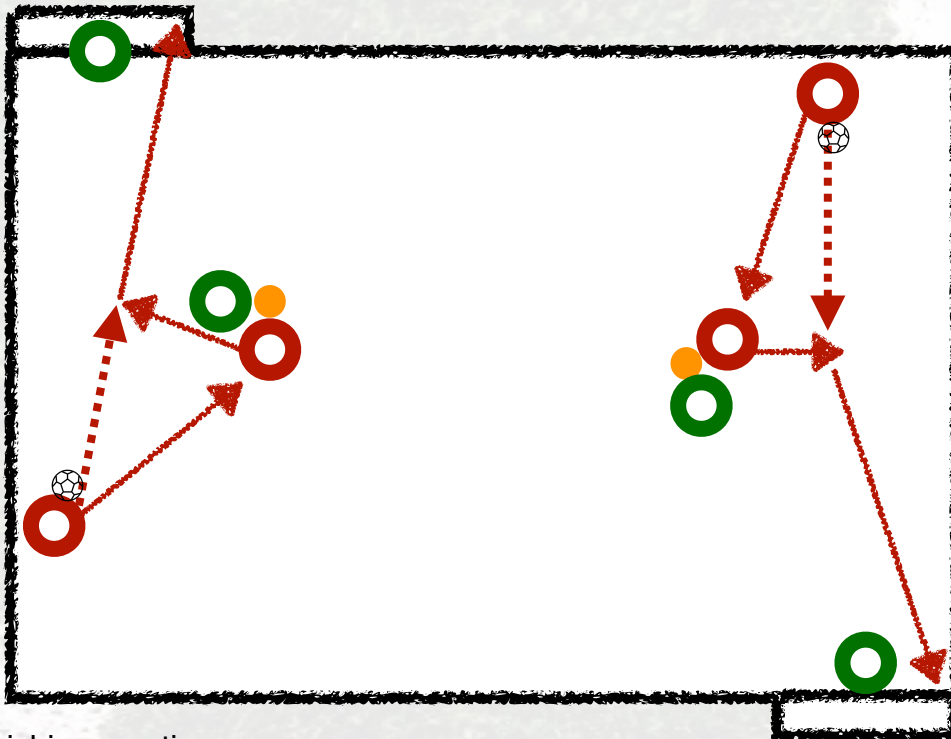
This differs slightly from the previous week and now looks to understand the coaches game model in terms of how to effect the game from wide areas, how does your team defend in wide areas? How does your team attack wide areas? This book will expose the principles of Guardiola but must be tailored to your game model to ensure that the session replicate the need of your players dependent on what you are asking of them on a game day.

Week 1 Training Plan	
Day	Friday
Factical Principles Of Performance	
Factical Principle	Sub-Sub-Principle
Training Groups	Playing Lines
	Finishing Phase /
Factical Outcome	Defending The Box
Physical Principles Of Performance	
Physical Loading	Sprints
Physical Theme	Speed
Relative Intensity	Low
Area Used	Medium And Large
Pitch Space Used	
Running Distance	Medium Distance
Coaching Interventions	Medium Interventions
Session Length	90 minutes
Work ratio	180'
Rest Ratio	120'
Blocks	5
Oppsotion Numbers	
Psychological Load	Low

Session Structure	
Timing (Mins)	Activity
0-15	Muscle Activation
15-35	Rondo
35-65	Session Theme
65-90	Small Sided Game

The Finishing Phase

Rondo



Description:

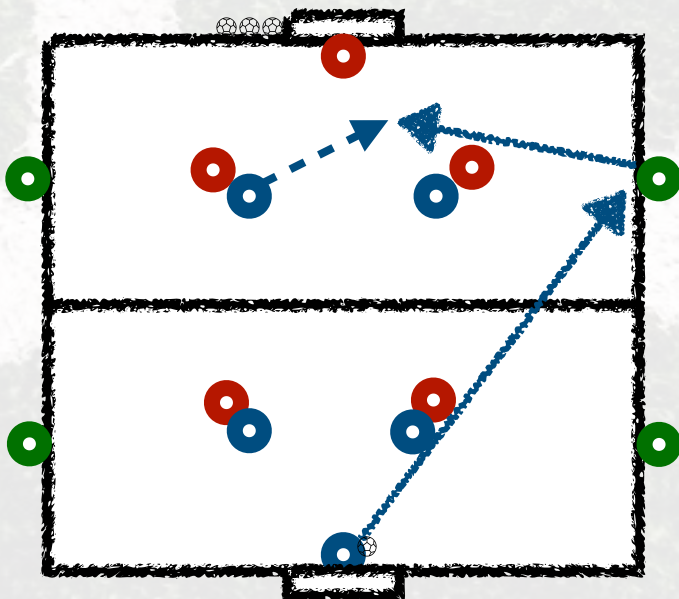
Speed reaction finishing practice

Red plays a bounce pass with the inside red who then receives the ball back and attacks the goalkeeper, the green reacts and defends, this session is reactive speed and perfect low intensity for a game day -1 session

Size:

30 Yards Wide
30 Yards Long

Theme



Description:

- 1.) 2v2 in each half with 4 outside players who look to cross when they receive the ball
- 2.) Team in possession can overload the attacking half by putting a third player in to create a 3v2

This will create finishing opportunities under reduced physical output, players on the outside need to be challenged to cross quickly to avoid creating a practice that is unrealistic

Size:

35 Yards Wide
35 Yards Long



The Finishing Phase

Progression:

- In order to progress this session the location of the wide player can be changed to create either a cut back or an out-swinging/ In-swinging cross
- Creating two neutral players who can attack both goals can allow more success for the attacking team/ however these players may find the practice taxing, so it is important to manage their work load

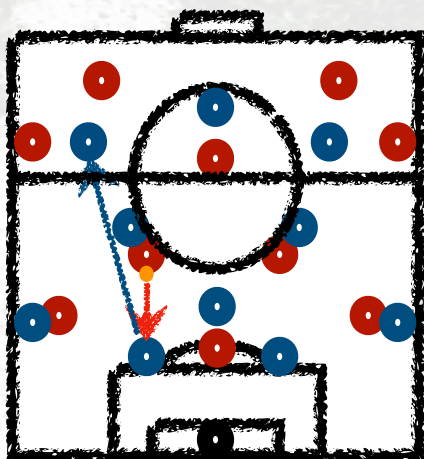
Player Detail:

- Challenge players in possession to arrive late
- Challenge players to make blind side runs across defenders.
- Challenge players to finish first time going across goal back to the side of the goal they received the ball

Intervention Style

The practice can be stop start allowing players to recover when needed but also ensure that information can be comfortably shared without confusing messages

Game



Size:
50 Yards Wide
50 Yards Long

Description:

The 11v11 game must be very very low intensity, this will almost be a walk through, just reinforcing some of the tactical ideas or structures being transferred in to the game, This part of the Friday session will very rarely change

Progression:

No progression needed

Player Detail:

No new messages, just reinforce the principles that you have enforced all week.

Intervention Style

Walk through the situations you coach, let players see the moment, what is commonly referred to as the traditional coaching process, reenact moments and experience them again.

Playing out from the back

Week 5 Overview

Playing out from the back

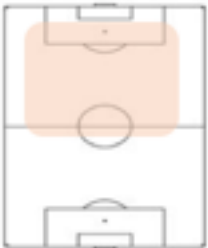
Training week 5 is two weeks out before the team reach the first competitive phase of the season. When the complete season arrives the expectation to play regular games will happen. Week 5 is the first training week where two games are included.

Including two games during week 5 give the opportunity to key players to compete in over 90 minutes of football in one training week, as this will be the norm through out the season.

The week is adapted to ensure players are primed to compete, Mondays training session is a match preparation session where the structure is the same as a Friday training session, Wednesday is a low intensity session where players will focus on recovery

On Friday the same session will occur as normal to ensure consistency in the training week for the players.

However within the week the focus will still occur, playing out from the back will be the main focus during the prep session and the Wednesday session

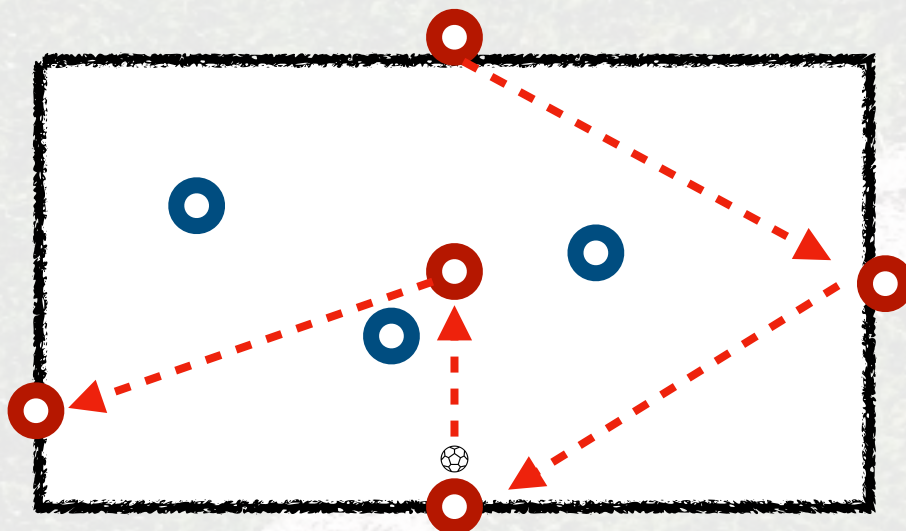
Week 5 Training Plan	
Day	Monday
Tactical Principles Of Performance	
Tactical Principle	Sub-Sub-Principle
Training Groups	Playing Lines
Tactical Outcome	Match Preperation
Physical Principles Of Performance	
Physical Loading	Sprints
Physical Theme	Speed
Relative Intensity	Low
Area Used	Medium And Large
Pitch Space Used	
Running Distance	Medium Distance
Coaching	
Interventions	Medium Interventions
Session Length	90 minutes
Work ratio	180'
Rest Ratio	120'
Blocks	5
Oppsotion Numbers	
Psychological Load	Low

Session Structure	
Timing (Mins)	Activity
0-15	Muscle Activation
15-35	Rondo
35-65	Session Theme
65-90	Small Sided Game



Playing out from the back

Rondo



Size:
30 Yards Wide
30 Yards Long

Description:

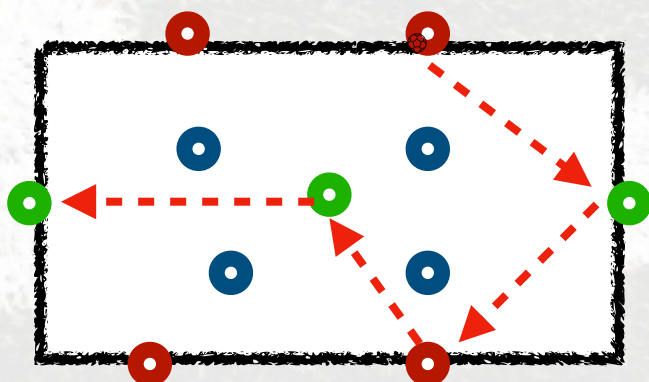
This is one of the most famous, yet basic Guardiola drills, its a brilliant way of training the skills required to receive and retain the ball, which are two of the fundamentals for players and units playing out from the back.

Training this way will create players comfortable with the skills required to play out from the back, they will be more comfortable receive, retaining and playing first time under pressure all skills that need to be harnessed within your larger game model.

Progression:

- Force central player to receive and play within 1 touch
- Limit outside players to one or two touches
- Create a competitive practice and reward defending as a greater value

Theme



Description:

This session is an expanded version of the above rondo, the idea is to keep the pre match session simple and to limit the amount of distance being covered by the players as this is game day -1 and the second of what will be 3 games in 8 days so at this point maintaining physical performance levels is the most important part of the training cycle.

4v4+3 will replicate the playing out from the back moments of the game whilst challenging the decision making process.

Size:
25 Yards Wide
25 Yards Long



Playing out from the back

Progression:

- Limit green players to one touch
- Do not allow outside to outside passes
- Force players to play forward
- Reduce Size

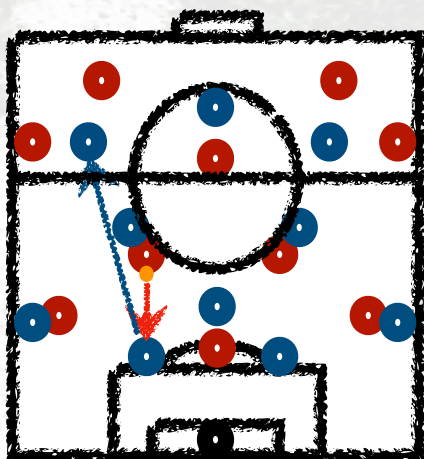
Player Detail:

- Can you receive under pressure on the half turn
- Can you find the right time to complete a no touch turn
- Can we use combinations in close areas to move the ball from one end to the other

Intervention Style

The practice can be stop start allowing players to recover when needed but also ensure that information can be comfortably shared without confusing messages

Game



Size:

50 Yards Wide
50 Yards Long

Description:

The 11v11 game must be very very low intensity, this will almost be a walk through, just reinforcing some of the tactical ideas or structures being transferred in to the game, This part of the Friday session will very rarely change

Progression:

No progression needed

Player Detail:

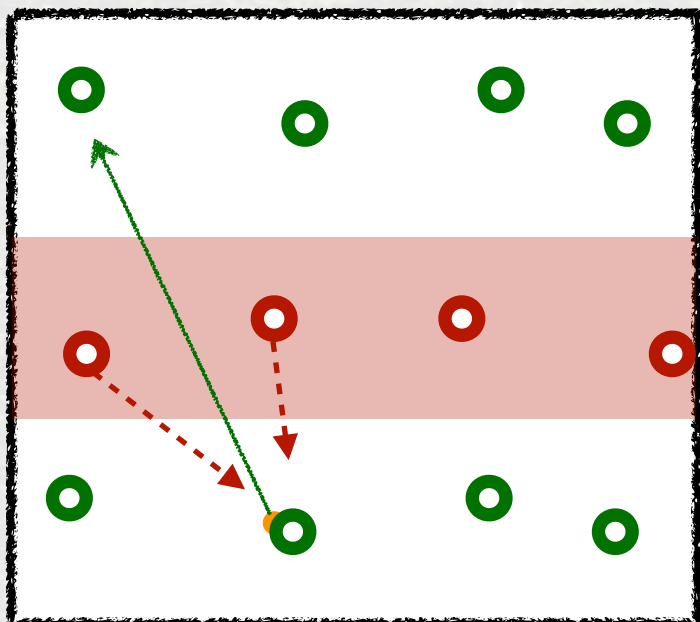
No new messages, just reinforce the principles that you have enforced all week.

Intervention Style

Walk through the situations you coach, let players see the moment, what is commonly referred to as the traditional coaching process, reenact moments and experience them again.

Playing out from the back

Rondo



Size:
30 Yards Wide
30 Yards Long

Description:

One of the more obvious Guardiola practices is perfect for the Wednesday session that is match day +1 a low intensity recovery day, where there is still limited load 4v4v4 the reds step out and look to press the opponent greens look to press in the space left behind

Progression:

- Allow a red out to press the green
- Allow a green to drop in to the space left by the red

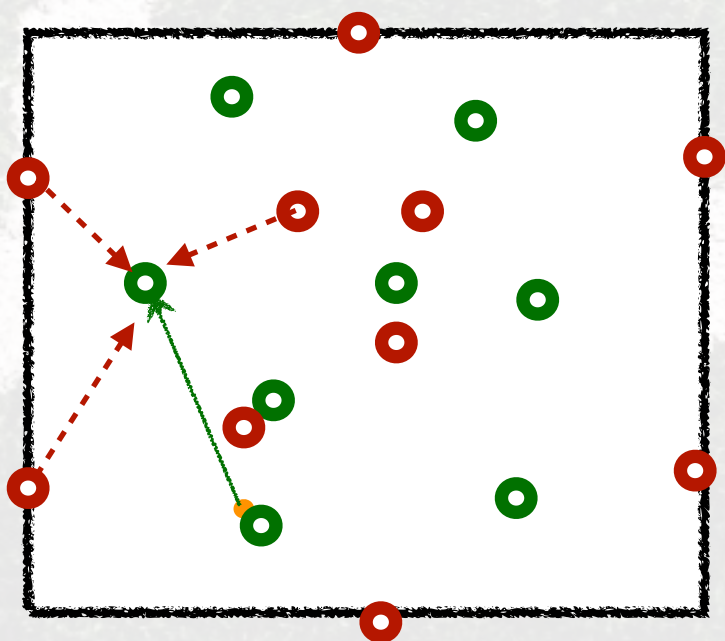
Player Detail:

- Can you force play wide
- Can you find a pass through lines
- Can you find disguise on a pass

Intervention Style:

Remain positive but also reflective on the performance from 24 hours ago

Theme



Size:
45 Yards Wide
45 Yards Long

Description:

This larger rondo like practice is perfect for game day +1 due to the large numbers and the minimal distance that needs to be covered. Play is 8v4 on the inside but 8v10 when the outside players are included. The greens are challenged to keep the ball under 4v8 situations, whilst the reds are challenged to play out using their 8v10 advantage and their good use of space due to the place of the 6 outside players that should aid ball circulation.



Playing out from the back

Progression:

- In order to progress this session the reds must be targeted to winning the ball back within 6 seconds to make sure that the game principles are trained and the game model becomes intrinsic with players
- Develop a reward for maintaining possession for the greens
- Limit the touches of outside players
- Limit touches of greens

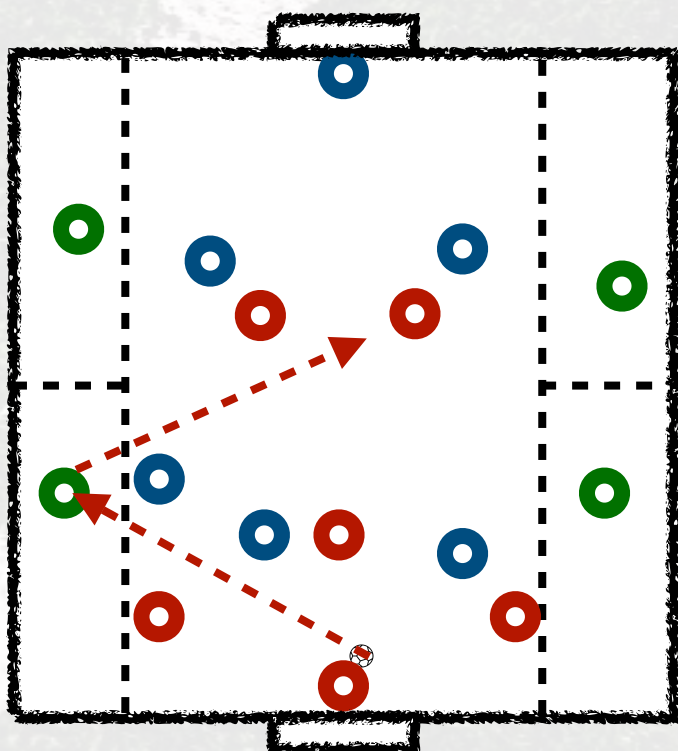
Player Detail:

- Can the greens manage the ball and the tempo of the possession
- Can you make sure that the pressing to win the ball back is of the standard expected

Intervention Style

The intervention should be slightly different to a normal Wednesday due to the need for increased recovery time due to the fact the session falls on game day +1

Game



Description:

A 5v5 in the central area with 4 useable outside players, this gives the chance to play out from the back whilst not having to travel huge distance due to the locked player zones

Progression:

- Outside players can be tackled to make the practice very realistic and competitive.
- Forward passes only once the half way line has been crosses

Player Detail:

- Can the inside players still prioritize forward passes

Intervention Style

More detailed coaching, make sure the 5 lanes are used and players understand why they need to use the lanes and the consequence of not using the 5 lanes.

Size:
75 Yards Wide
50 Yards Long

The Finishing Phase

Training week 5 is two weeks out before the team reach the first competitive phase of the season. When the complete season arrives the expectation to play regular games will happen. Week 5 is the first training week where two games are included.

Including two games during week 5 give the opportunity to key players to compete in over 90 minutes of football in one training week, as this will be the norm through out the season.

The week is adapted to ensure players are primed to compete, Mondays training session is a match preparation session where the structure is the same as a Friday training session, Wednesday is a low intensity session where players will focus on recovery

On Friday the same session will occur as normal to ensure consistency in the training week for the players.

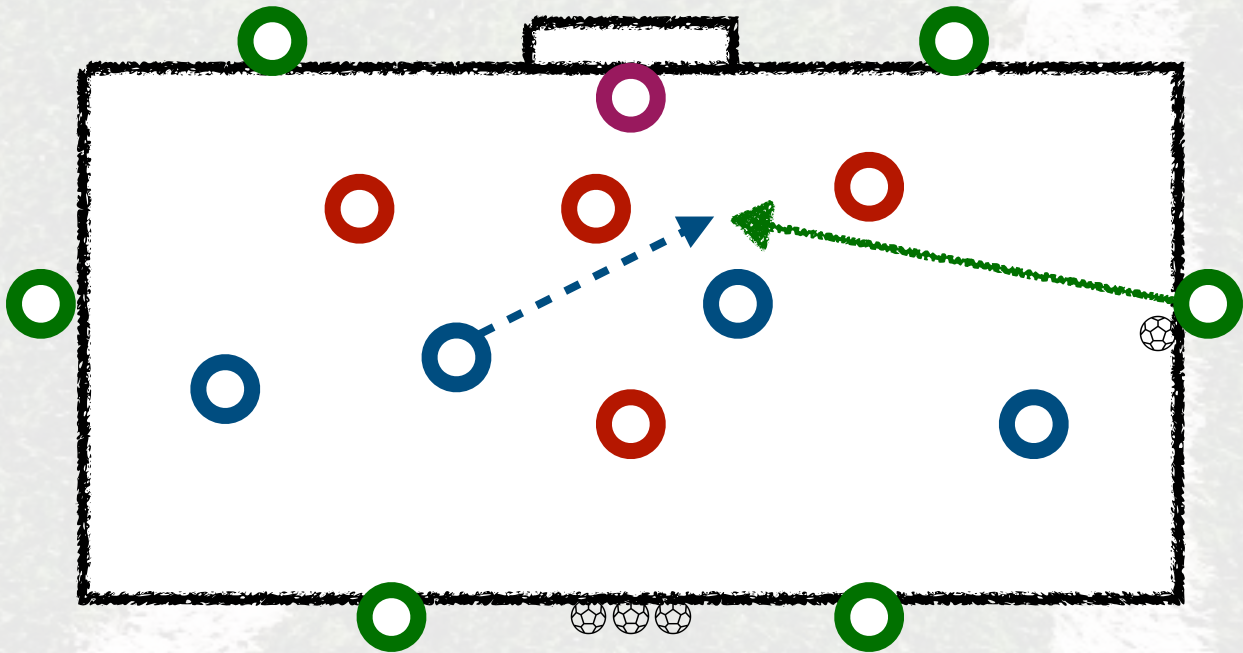
However within the week the focus will still occur, playing out from the back will be the main focus during the prep session and the Wednesday session

Week 5 Training Plan	
Day	Friday
Tactical Principles Of Performance	
Tactical Principle	Sub-Sub-Principle
Training Groups	Playing Lines
Tactical Outcome	Finishing Phase / Defending The Box
Physical Principles Of Performance	
Physical Loading	Sprints
Physical Theme	Speed
Relative Intensity	Low
Area Used	Medium And Large
Pitch Space Used	
Running Distance	Medium Distance
Coaching	
Interventions	Medium Interventions
Session Length	90 minutes
Work ratio	180'
Rest Ratio	120'
Blocks	5
Opposition Numbers	
Psychological Load	Low

Session Structure	
Timing (Mins)	Activity
0-15	Muscle Activation
15-35	Rondo
35-65	Session Theme
65-90	Small Sided Game

The Finishing Phase

Rondo

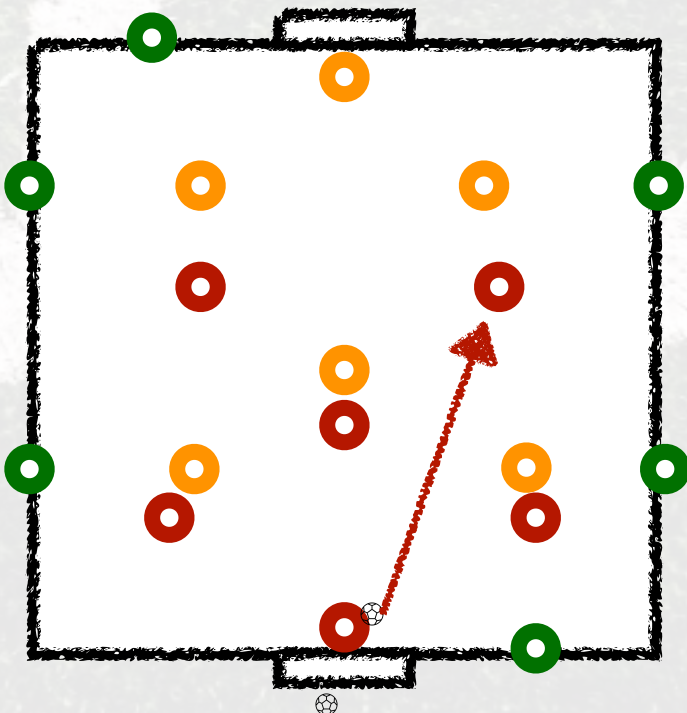


Description:

Combination finishing practice, greens populate the outside of the space, whilst the reds and the blues switch between attacking and defending every interval. Players are challenged to move the ball quickly and shoot on sight, this drill creates quick Reaction finishing movements, this will allow players to finish in varied situations.

Size:
Size of penalty box

Theme



Description:

Session is a continuation of the first session, but now the space is slightly larger to allow more combination play to link to the training week.

6 players continue to play on the outside but the session now opens up into a 5v5 with twice the length now players can combine and make runners of each others shoulder to run in behind the opponent, or receive bounce passes from the end players.

Size:
20 Yards Wide
35 Yards Long



The Finishing Phase

Progression:

- Progress to one touch for outside players
- First time finishes when receiving from a deeper player
- Reward goals that come from crosses.

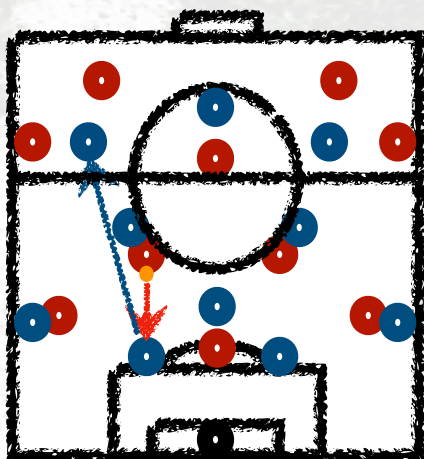
Player Detail:

- Run from deep to penetrate the defense
- Make crosses low and hard across the box to create difficult situations to defend against.
- Out of possession can you stop the cross by getting out wide to the crosser, can you defend the box and make first contact.

Intervention Style

The practice can be stop start allowing players to recover when needed but also ensure that information can be comfortably shared without confusing messages

Game



Size:

50 Yards Wide
50 Yards Long

Description:

The 11v11 game must be very very low intensity, this will almost be a walk through, just reinforcing some of the tactical ideas or structures being transferred in to the game, This part of the Friday session will very rarely change

Progression:

No progression needed

Player Detail:

No new messages, just reinforce the principles that you have enforced all week.

Intervention Style

Walk through the situations you coach, let players see the moment, what is commonly referred to as the traditional coaching process, reenact moments and experience them again.

Playing through midfield / Defending Wide Ares

Week 6 Overview

Playing through midfield / Defending Wide Ares

Training week 6 is the final training week before competitive fixtures begin, this is the final phase of what is known as the 'preparation period' the period where the outcome is less results based and more process driven before the results supersede any outcomes.

Training week 6 see's a reduction in training volume to allow for a fitness testing session, this will allow coaches to see differences between the first fitness testing week and the 6 week point, missing a session at this point is key as fitness testing will work players to their 'maximum' and players are more at risk of injury during and after these bouts of maximal effort.

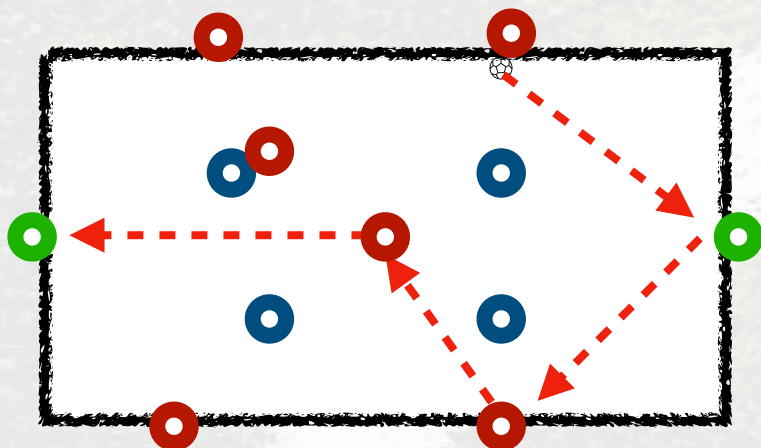
The actual training week revisits the moments of the game involving playing through midfield (This can be central or wide depending on how your game model has been transferred to players so far, you may at this point recognize that the players have adapted to one better than the other) out of possession players will still focus on keeping play wide and not allowing the opponent back inside.

Week 6 Training Plan	
Day	Wednesday
Tactical Principles Of Performance	
Tactical Principle	Principle
Training Groups	Units and Multiple Units Playing through midfield / Defending Wide Ares
Tactical Outcome	
Physical Principles Of Performance	
Physical Loading	High Speed Running
Physical Theme	Endurance
Relative Intensity	High
Area Used	Large Spaces
Pitch Space Used	
Running Distance	High Distance
Coaching	
Interventions	High interventions
Session Length	120 minutes
Work ratio	420'
Rest Ratio	90'
Blocks	5
Oppsotion Numbers	11 to 9
Psychological Load	High

Session Structure	
Timing (Mins)	Activity
0-15	Muscle Activation
15-35	Rondo
35-65	Session Theme
65-90	Small Sided Game

Playing through midfield / Defending Wide Ares

Rondo



Size:
30 Yards Wide
30 Yards Long

Description:

One of the more obvious Guardiola practices is perfect for the Wednesday session that is match day +1 a low intensity recovery day, where there is still limited load 4v4v4 the reds step out and look to press the opponent greens look to press in the space left behind

Progression:

- Allow a red out to press the green
- Allow a green to drop in to the space left by the red

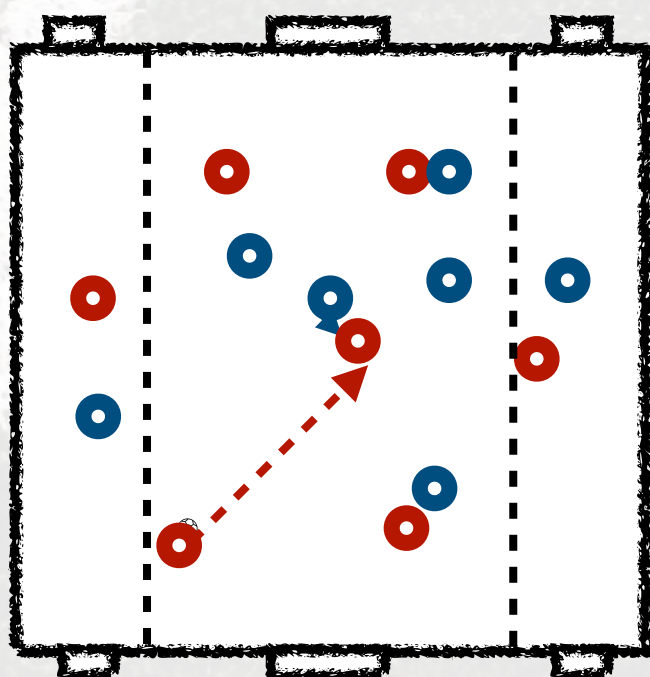
Player Detail:

- Can you force play wide
- Can you find a pass through lines
- Can you find disguise on a pass

Intervention Style:

Remain positive but also reflective on the performance from 24 hours ago

Theme



Size:
45 Yards Wide
45 Yards Long

Description:

This larger rondo like practice is perfect for game day +1 due to the large numbers and the minimal distance that needs to be covered. Play is 8v4 on the inside but 8v10 when the outside players are included. The greens are challenged to keep the ball under 4v8 situations, whilst the reds are challenged to play out using their 8v10 advantage and their good use of space due to the place of the 6 outside players that should aid ball circulation.

Playing through midfield / Defending Wide Ares

Progression:

- In order to progress this session the reds must be targeted to winning the ball back within 6 seconds to make sure that the game principles are trained and the game model becomes intrinsic with players
- Develop a reward for maintaining possession for the greens
- Limit the touches of outside players
- Limit touches of greens

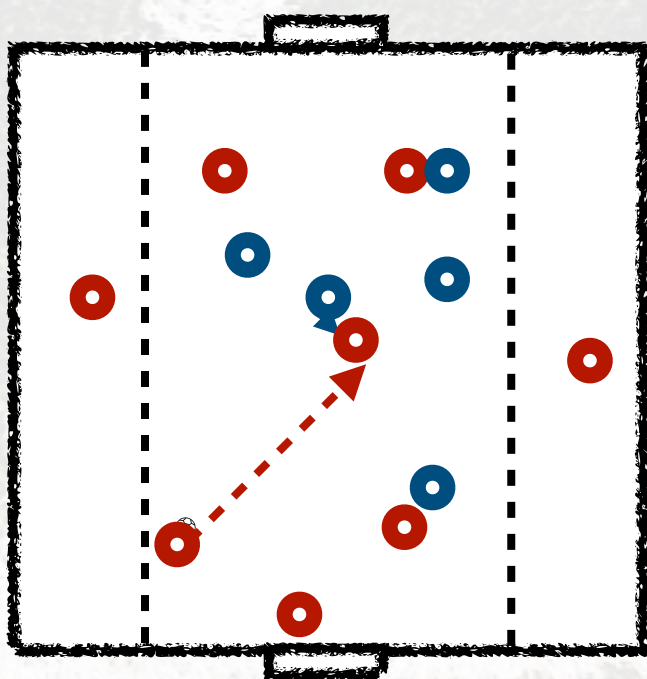
Player Detail:

- Can the greens manage the ball and the tempo of the possession
- Can you make sure that the pressing to win the ball back is of the standard expected

Intervention Style

The intervention should be slightly different to a normal Wednesday due to the need for increased recovery time due to the fact the session falls on game day +1

Game



Size:
45 Yards Wide
40 Yards Long

Description:

This session is a continuation from the last practice, the game takes place with two wide areas to keep the principles of paying through midfield, and challenges the players out of possession to defend the wide areas, and practice keeping play wide.

Progression:

- The outside area can be removed to create a more authentic practice
- A half way line can be introduced and forward passes must be made in the second half of the pitch

Player Detail:

- Can the inside players still prioritize forward passes

Intervention Style

More detailed coaching, make sure the 5 lanes are used and players understand why they need to use the lanes and the consequence of not using the 5 lanes.

The Finishing Phase

Training week 6 is the final training week before competitive fixtures begin, this is the final phase of what is known as the 'preparation period' the period where the outcome is less results based and more process driven before the results supersede any outcomes.

Training week 6 see's a reduction in training volume to allow for a fitness testing session, this will allow coaches to see differences between the first fitness testing week and the 6 week point, missing a session at this point is key as fitness testing will work players to their 'maximum' and players are more at risk of injury during and after these bouts of maximal effort.

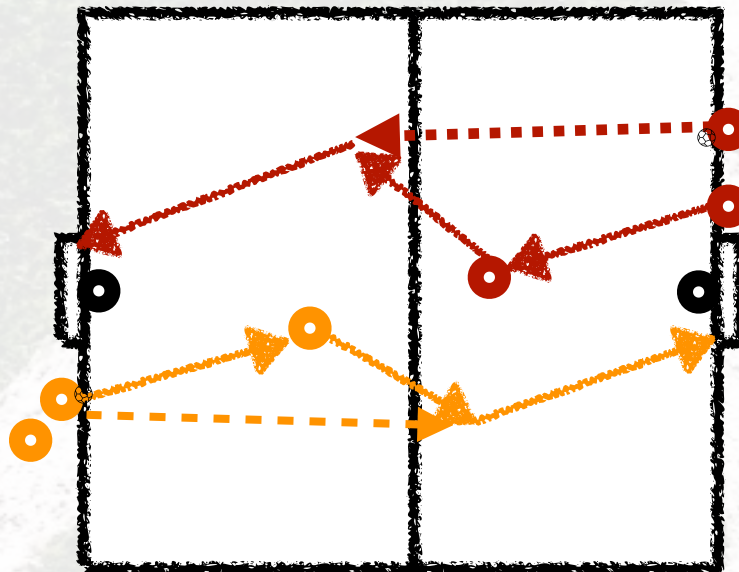
The actual training week revisits the moments of the game involving playing through midfield (This can be central or wide depending on how your game model has been transferred to players so far, you may at this point recognize that the players have adapted to one better than the other) out of possession players will still focus on keeping play wide and not allowing the opponent back inside.

Week 6 Training Plan	
Day	Friday
Tactical Principles Of Performance	
Tactical Principle	Sub-Sub-Principle
Training Groups	Playing Lines
	Finishing Phase /
Tactical Outcome	Defending The Box
Physical Principles Of Performance	
Physical Loading	Sprints
Physical Theme	Speed
Relative Intensity	Low
Area Used	Medium And Large
Pitch Space Used	
Running Distance	Medium Distance
Coaching	
Interventions	Medium Interventions
Session Length	90 minutes
Work ratio	180'
Rest Ratio	120'
Blocks	5
Oppsotion Numbers	
Psychological Load	Low

Session Structure	
Timing (Mins)	Activity
0-15	Muscle Activation
15-35	Rondo
35-65	Session Theme
65-90	Small Sided Game

The Finishing Phase

Rondo



Size:
25 Yards long
20 Yards Wide

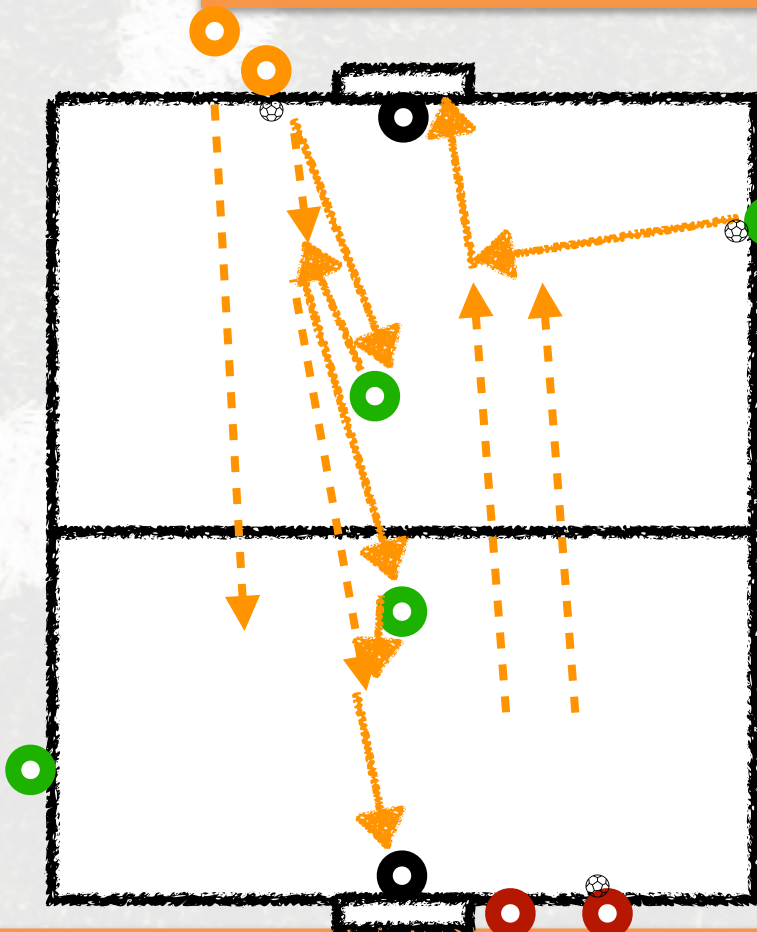
Description:

The ball is live at both ends, the outside player plays in to the middle player who then passes the ball back to the first player who then finishes and joins the back of the opposite line to make the practice continuous

Description:

To progress this when the ball is passed forward that player can turn and shoot to make the practice continuous.

Theme



Description:

This practice requires some understanding. The two yellows at the top of the practice break towards the yellow where they receive a bounce pass, then they bounce pass to the next green and shoot, they then turn round and run back towards where they started where they receive a cross from the right side. When this ends the reds repeat from the other side of the practice and this continues.

The session needs to be managed to ensure that players are not exerting huge amounts of energy and the finishing remains at the heart of the practice and not the high intensity recovery runs.

Size:
20 Yards Wide
35 Yards Long



The Finishing Phase

Progression:

- This session can be progressed by creating the second green as a defender so there is only one bounce pass before entering a 2v1 situation.
- To progress this the greens can also make recovery runs to defend the box when the yellows break and attack the second goal

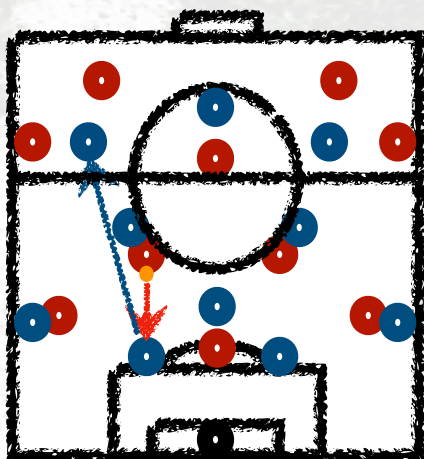
Player Detail:

- Technical detail when finishing, what type of finish is required, what situation requires what technique etc
- First time finishing locking ankle and sticking across the ball back towards the crosser.

Intervention Style

The practice can be stop start allowing players to recover when needed but also ensure that information can be comfortably shared without confusing messages

Game



Size:

50 Yards Wide
50 Yards Long

Description:

The 11v11 game must be very very low intensity, this will almost be a walk through, just reinforcing some of the tactical ideas or structures being transferred in to the game, This part of the Friday session will very rarely change

Progression:

No progression needed

Player Detail:

No new messages, just reinforce the principles that you have enforced all week.

Intervention Style

Walk through the situations you coach, let players see the moment, what is commonly referred to as the traditional coaching process, reenact moments and experience them again.

The Finishing Phase

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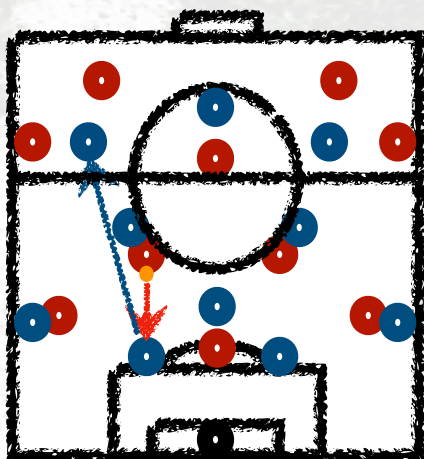
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